

# THRIVE

Magazine of the Barnstable Adult Community Center

ENGAGE • ENRICH • EMPOWER

*Embrace the  
Sunshine*



May/ June 2025

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Sometimes the most productive thing you can do is relax.

# CENTER INFORMATION

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MAY/ JUNE 2025

**Barnstable Adult Community Center**  
825 Falmouth Road, Hyannis, MA 02601

**Hours: Mon-Fri 8:30 am-4:30 pm**

**Phone: 508-862-4750**

**Web site: [www.townofbarnstable.us/coa](http://www.townofbarnstable.us/coa)**

To connect to our free Wi-Fi, check your settings and click on **TOBWIFIGUEST** **Stay in touch!**

The Barnstable Adult Community Center E-news is sent weekly, and contains lots of information and resources for the older adult community and their families. If you'd like to have it sent to you, please email:

[Maureen.Vetter@town.barnstable.ma.us](mailto:Maureen.Vetter@town.barnstable.ma.us)

*Thrive*, a partnership of the Barnstable Council on Aging and Liturgical Publications, is published bimonthly. This publication is made possible in part by a grant from the Massachusetts Executive Office of Elder Affairs.

If you have any questions or suggestions in regards to *Thrive*, please call or e-mail **Jacqi Easter** (contact info noted at right).

To maintain successful and supportive services, the Barnstable Council on Aging is committed to educating itself in the diverse needs, concerns and lives of older adults in our community. Our programs and services are open to all regardless of race, ethnicity, religion, gender or sexual orientation.

The BACC offers many health, wellness, and informational presentations and workshops. We advise that individuals participating in these programs do so with the understanding that the Town of Barnstable or its employees do not assume any legal responsibility for any advice or services rendered by such providers and any advice or services offered by outside providers should not be presumed to be endorsed or sponsored by the BACC.

## COA STAFF DIRECTORY

**Kelly Howley** - Director (ext. 4753)  
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**Robert (Bob) Packard** - Bus Driver  
**William (Bill) Deitsch** - Bus Driver



Let the summer breeze carry  
your worries away



# MESSAGE FROM THE DIRECTOR, KELLY HOWLEY



Hello All,

Spring has arrived and just like that we close the door on winter! It's the time of year that we welcome back those who may have journeyed to a warmer climate for the winter months or have remained but changed their routine during the shorter and cooler winter days. It's a time for all to come back together in this beautiful place and enjoy the warmer temperatures and all the things that we love about Spring on the Cape! Our BACC team is very excited to share the great programs and events we have in store for you!

In March, we celebrated St. Patrick's Day with a corned beef and cabbage luncheon and traditional Irish music entertainment! Our Tech Café & Ukulele Concerts have become popular, and our exercise classes and other enrichment programs continue to see increasing participation.

We were all very saddened to learn the news that Tom Cahir, Administrator of the Cape Cod Regional Transit Authority passed away. Tom was a great man, an amazing leader and advocate for the Cape during his career. Tom and his CCRTA team played a crucial role in helping to get our COA transportation back up and running and was instrumental in assisting the COA to receive the electric van we currently utilize as part of our transportation services. Tom and his CCRTA team recently secured state grant funds to expand their Smart Dart Services and make them more user friendly for all to book rides. We will miss working with Tom and appreciate all that he did for us at the BACC and Cape Cod.

Also, in March, the center worked with State Representative Kip Diggs and the Veterans Outreach Center to host a special birthday visit by a local Pearl Harbor WWII Veteran, Freeman Johnson. We had many dignitaries on site including local first responders, members of the Senate and State Representatives, Town Council members, the Barnstable High School Military Club, ROTC Color guard, members of the US Navy, patrons and many veterans all came by to wish him a Happy 105th Birthday. Hyannis Fire raised a large flag from their ladder truck in our parking lot, that Freeman and his daughter drove under as they arrived at the COA. The national anthem and Happy Birthday were

performed by Town Councilor Matt Levesque and a beautiful cake was enjoyed by all! It was a wonderful celebration for an amazing man!

The Barnstable Council on Aging would like to wish all moms a wonderful Mother's Day and all dads a Happy Father's Day! The month of May marks the beginning of the busiest season on the Cape, starting on Memorial Day Weekend. Memorial Day for many is a day of family gatherings and celebrations with those we love but most importantly it is a time to remember with gratitude the members of the military who have died for our country. This Memorial Day and every day, we are grateful for all of those who have made the ultimate sacrifice for their country.

We hope you enjoy this issue of Thrive and that you join us for the fun and educational programs and events available at the BACC! Until we see you again, stay safe and enjoy the warmer weather!

Be well, *Kelly*



*In the tapestry of seasons,  
summer weaves the threads of  
joy and adventure.*

— Luna Brightwater

## Farewell Tortellini!

This month we will be saying farewell to Tortellini, the Diamondback Terrapin who has been with us at the BACC since October, 2024. Tortellini will be returned to his/ her home at Great Marsh on Sandy Neck on Thursday June 5.

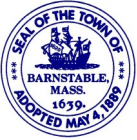
Terrapins are native to the brackish coastal tidal marshes of the East Coast and have one of the largest ranges of all turtles in North America stretching as far south as the Florida Keys and as far north as Cape Cod.

Terrapins are one of the only turtles (aside from sea turtles) who are able to live in the salt marsh. They have adapted both behaviorally and physically to spend their entire lives in the salt marsh. Special glands near their eyes allows them to "cry" out excess salt to maintain a healthy salt balance.

We are always sad to see them go!

# COA BOARD | FYI...

## BARNSTABLE COUNCIL ON AGING BOARD



The **COUNCIL ON AGING (COA) BOARD** is one of many municipal Boards and Commissions in the Town of Barnstable. Working closely with the Town's Council on Aging Division, our mission is to advocate for and meet the needs of older people residing in the Town of Barnstable.



We meet at the Barnstable Adult Community Center the **third Wednesday of each month at 9 am**, and invite members of the public to join us. We welcome ideas, questions and particularly suggestions to identify the unmet needs of the Barnstable older population. Or, just sit and learn who we are and what we're doing! Our meetings are open to the public and there is an opportunity for public comment at each meeting.

**Meeting dates are**

**May 21 and June 18 from 9:00– 10:00 am.**

**Please feel free to join us!**

The Friends of the Barnstable Council on Aging organization is in the process of dissolving. More information will be shared next issue.

### Town of Barnstable Veteran/Senior Tax Work-Off Program



The Town of Barnstable Veteran/Senior Tax Work-Off Program is an opportunity for residents over the age of 60 to reduce their real estate tax bill by volunteering with Town Departments. The property tax credit, minus any required withholdings, will be applied to the participant's real estate tax bill.

Requirements Include: Must be 60 years of age or older, reside in Barnstable at the property where tax relief is sought and be the homeowner, spouse of the owner or trustee of the property.

Applicants will be matched to a department based on interest, skill set and availability.

Registration Dates: May 1 – June 30, 2025

Volunteer Start and End Dates: July 1, 2025 – June 30, 2026

Maximum # of Hours Available: 100

Maximum # of Participants: 20 each year

Applications may be picked up at Town Hall, the BACC, the HYCC or online. Please mail completed applications to the BCOA, Attn: Tax Work-Off Prog., 825 Falmouth Rd., Hyannis, Ma. 02601.

Please call **Mary Taylor at 508-862-4750 ext. 4759** with any questions.

### Do You Want to Become A Superhero?

#### FREE Intro to First Aid & CPR Course

An introduction to life saving skills with Barnstable Public Safety

- Learn about Emergency Situation
  - Get started with CPR
  - Get started with First Aid
  - Real-life demonstrations
- Fire station & ambulance tour

All ages are welcome!

**Wednesday May 7th, 6:00– 8:00 pm**

At the Hyannis Fire Department  
95 High School Rd., Ext., Hyannis

**Call or e-mail to register:**

**508-775-1300, option 2 or  
info@hyannisfire.org**

\*\*Starting in the Fall, program will resume the first Wednesday of every month.



# REGISTRATION INFORMATION

## REGISTRATION INFORMATION FOR ALL ACTIVITIES & PROGRAMS

**\*\*Please note that registration is required for all classes, events and programs\*\***  
All programs held at the BACC, unless otherwise noted.

### How to Register-

\*In person at the BACC, Monday – Friday from 8:30 am- 4:00 pm

\*By phone: at (508)862-4750 during normal business hours. Credit card payment required.

\*By mail: BACC, 825 Falmouth Rd., Hyannis, MA. 02601

\*Online: at [www.myactivecenter.com](http://www.myactivecenter.com). Credit card payment required.

### Payment Methods-

\*Check (payable to the Town of Barnstable)

\*Cash (in person only)

\*Credit card (VISA, MasterCard, Amex)

**Registration Policy-** Full payment is required at time of registration. Classes cannot be pro-rated. All classes/ events are filled on a first-come, first-served basis. Fees may be subject to change.

**Inclement Weather Policy-** If the Barnstable Public Schools are closed due to inclement weather, classes, events, and transportation at the BACC will be canceled, but the center will remain open unless the Barnstable Town Hall is closed. Also, if the schools open two hours late, our programming also begins two hours late and programming during those early hours is canceled.

Classes/ events may be canceled due to low enrollment up until the day of event.

If you have registered for a class that is subsequently canceled, you will be issued a refund check.  
Please be advised that refunds may take up to a month to process.

No refunds will be issued once a class has begun.

Any questions, please contact **Maureen Vetter at (508)862-4750 ext. 4761 or e-mail**  
[Maureen.Vetter@town.barnstable.ma.us](mailto:Maureen.Vetter@town.barnstable.ma.us)

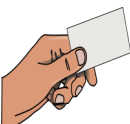
### FYI...



When Staff from the BACC call you from the center, your Caller ID will likely show a **(508) 790- number and may be labeled Probable SPAM/ Barnstable**. If on a cell phone, you can not reach us by tapping that missed call. **You need to call our main number (508)862-4750**. We repeatedly urge people to be cautious with accepting calls from unknown parties, but want to be sure to connect with you when you have a question or assistance is needed.



If when at the BACC you leave a pet in your car, please inform Samantha at the Front Desk when you arrive so we know who to contact should a concern arise.



Please be sure to swipe your key tag card at the front desk every visit. If you do not have a card or have misplaced your card, please speak with someone at the front desk to obtain one or replace. By signing in each time you visit the BACC for a program or a service, you are helping us keep track of attendance, which in turn helps the COA qualify for various grants and to know which programs are popular.



## Our Wheels Are Rolling!

**Tues. Wed. & Thurs.**

**9:00 am– 2:00 pm**

**Doctors Appts? Shopping? Out to Lunch?**  
**Monthly trips to Walmart & Market Basket. Out of town medical appointment rides on a limited basis.**

**Available for Barnstable residents 60+and disabled residents.**

**Rides need to be booked in advance and are scheduled first come, first serve.**  
**Free service, but suggested donation.**

**Call Jen at (508)862-4750 x 4752**

# HAPPENINGS AROUND THE BACC



Please join us the **first Wednesday** of every month at 9:00 am for

## Coffee with a Cop

**Wed. May 7 / Wed. June 4**

Members of the Barnstable Police Department will be here to answer questions or discuss a concern you may have. Have a coffee, ask a question or just take the opportunity to chat.



## ASK THE NURSE

**Barnstable Town Nurse Peg Stanton**

will be at the BACC

**every Wednesday  
9:00- 11:00 am**



to conduct blood pressure screenings, answer all your health questions and concerns and provide information and resources.



## Sgt. Cronin's Safety Tip of the Month

**Plan your route:** Always plan your route and stay alert to your surroundings.

**Walk confidently:** Walk confidently and avoid walking in poorly lit areas.

**Have a companion:** Consider having a companion accompany you when going out.

**Be Safe!**

## Thursday Lunch

The BCOA is thrilled to have partnered with the **Family Table Collaborative** to provide a healthy lunch for patrons on Thursdays. The menu changes weekly and gluten-free, vegetarian and vegan options are available. Lunch is from 11:45 am–1:00 pm and there are 25 seats available. Cost is \$5. To sign up, please call **Samantha at (508)862-4750**.



## Art Reception

**Celebrating BACC Artists**

Please join us for our 2nd Annual Art Reception to appreciate the art created in Sue Carey's Acrylic painting classes. There will also be displayed works of our wonderfully talented Wood Carving Club. Light refreshments will be served.

**Friday May 9th  
1:00– 3:00 pm**



Barnstable COA staff were pleased to be a small part of the wonderful gathering to honor Freeman Johnson in celebration of his 105th birthday. Freeman has the distinction of being the oldest surviving veteran of Pearl Harbor, of which there are only twenty (20)! State Rep. Kip Diggs organized the event which brought together state and local officials, students and community members. Freeman's advice for a long life...“keep moving and have a glass of red wine a day”. Thank you Freeman!



# ENRICHMENT PROGRAMS

Art | Language | Dance | Exercise

## ART-

**Acrylic Painting for the Advanced.** This step-by-step class in acrylics is designed for the person who has taken previous classes. Students do progressive work each week to complete an original piece of art under the guidance of the instructor. Once registered, a material list will be e-mailed to you, so you may purchase your supplies before the first class. **No class 06/19**

**Instructor: Susan Carey**

Th	05/01- 05/29	10:00 am- 12:00 pm	\$62.50
Th	06/12- 07/17	10:00 am- 12:00 pm	\$62.50

**Acrylic Painting for the Intermediate.** This step-by-step class in acrylics is designed for the person who has some painting experience. Students do a progressive work each week to complete an original piece under the guidance of the instructor. Once registered, a material list will be e-mailed to you, so you may purchase your supplies before the first class. **No class 06/19**

**Instructor: Susan Carey**

Th	05/01- 05/29	12:30- 2:30 pm	\$62.50
Th	06/12- 07/17	12:30- 2:30 pm	\$62.50

## LANGUAGE-

**Intermediate Spanish.** This is a class for those who have completed Beginner Spanish. (Not for advanced Spanish speakers) Classes only on Mondays this session. **No class 05/26**

**Instructor: Rona Garfield**

M	05/05- 06/30	11:00 am- 12:00 pm	\$48
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**Beginner Spanish-** This is a class for the true beginner or those who may need a review. (Not for advanced Spanish speakers) Classes only on Mondays this session. **No class 05/26**

**Instructor: Rona Garfield**

M	05/05- 06/30	12:15- 1:15 pm	\$48
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As with all fitness programs, please be advised to use common sense. To avoid injury, check with your doctor before beginning any fitness program. By performing any exercises, you are doing so at your own risk. The BCOA /BACC will not be responsible or liable for any injury or harm sustained as a result of our fitness programs.

## DANCE & EXERCISE-

### Adult Ballet

Calling all adults who have always wanted to dance ballet! This class is based on the Vaganova Russian method, with a focus on balance, coordination and musicality, and lessons are adapted for all abilities. Catherine believes that dance enriches our lives and is beneficial for all ages.

**Instructor: Catherine Johnson**

Tu	05/06- 05/27	12:15- 1:15 pm	\$24
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### Country Line Dancing

If you love to dance and want to have a good time while you exercise physically and mentally, this is for you. Come join this rollicking group for extraordinary fun while learning short dance routines. **No class 05/26**

**Instructor: Kim Benton**

M	05/05- 06/16	9:30- 10:30 am	\$36
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### Drums Alive

This fitness experience for all levels and ages stimulates the heart, mind, and body. It gets you moving to the music, drumming, dancing, and having fun!

**Instructor: Maria Zombas**

Tu	05/06- 06/24	11:00 am- 12:00 pm	\$48
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### Dance Core & More!

Have all the fun of a dance class and strengthen your core. Easy to follow, dance with intervals of core work for stability, balance and posture. **No class 06/11**

**Instructor: Marcia Raftery**

W	05/07- 06/25	10:00- 11:00 am	\$42
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### Chair Exercise with Marcia

You really can benefit from great exercise while sitting. Get moving and dancing from the comfort of your chair. There are no weights or mat work – just fun! **No class 05/26**

**Instructor: Marcia Raftery**

M	05/05- 06/30	10:15- 11:15 am	\$48
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### Fit and Trim Strength Training

Would you like to reduce body fat, increase muscle mass and burn calories more efficiently? Strength training to the rescue! Please bring a mat for floor work.

**Instructor: Marcia Raftery**

Th	05/01- 06/05	10:00- 11:00 am	\$36
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### Stretch It Out for Flexibility

If, as we age, and do not continue to move we become less flexible. Gain flexibility with this class. So stop gumming up areas of the body and stretch. This class will gently work all muscles, joints, and connective tissue allowing for a more released and flexible body. Bring a mat, towel and thera-band. **No class Wed. 05/14**

**Instructor: Holly Silva**

W	05/07- 06/25	8:45- 9:45 am	\$42
F	05/02- 06/20	8:45- 9:45 am	\$48

### NEW Restorative Mat-work- Pilates

This class targets a better understanding of proper joint alignment and muscular balance. Together we can restore strength and flexibility and avoid present and future pain. The mat-work series is based on the principles of Joseph Pilates. Bring a mat, thera-band, towel and tennis ball. **No class 06/12, 06/19**

**Instructor: Holly Silva**

Th	05/08- 06/26	8:45- 9:45 am	\$36
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# ENRICHMENT PROGRAMS

Fitness | Yoga | T'ai Chi Chih | QiGong | Technology

## Osteo Exercise Program

Sponsored by Elder Services of Cape Cod & the Islands, we are happy to continue to offer this program. Trained volunteers lead exercise classes for people who have been diagnosed with osteoporosis or who are at risk of developing osteoporosis according to their physician. The exercises are designed to help maintain and increase strength, flexibility, balance and function. Interested individuals are asked to discuss program with physician prior to joining. **Please contact Sarah Franey, ESCCI Community Services Director at (508)394-4630, to register. No class 05/02, 05/26, 06/06**

**M, W, F on-going 8:45 am– 9:45 am Free**

## Yoga with Bonnie

Come and enjoy a gentle Hatha Yoga experience. A class of stretching, movement and breathing techniques, finishing with a relaxed meditation. No experience necessary.

**Instructor: Bonnie Silva**

**W 05/07– 06/25 1:00-2:00 pm \$48**

## Chair Yoga with Cindy

Chair yoga is a general modification of yoga poses, so that they can be done seated. Boost your confidence of movement, increase energy and allow yourself to relax.

Learn breathing techniques and physical movements to strengthen your body and mind in this class designed for all. **No class 06/19**

**Instructor: Cindy McNeely**

**Th 05/08– 06/26 1:00– 2:00 pm \$42**

**Th 05/08– 06/26 2:00– 3:00 pm \$42**

## T'AI CHI CHIH & QIGONG-

### T'ai Chi Chih—Beginner 1

This class is designed so students who have completed a Beginner 1 class can move on. The class will perfect and polish movements that have already been taught. It will also teach all the movements not covered previously.

There will also be an emphasis on understanding and practicing the principles of T'ai Chi Chih.

**Instructor: Bonnie LeBlanc, Accredited TCC**

**Tu No class May/ June**

**T'ai Chi Chih Beginner 2 or Refresh-** This class is designed so students who have completed a Beginner 1 class can move on. The class will perfect and polish movements that have already been taught. It will also teach all the movements not covered previously. There will also be an emphasis on understanding and practicing the principle of T'ai Chi Chih.

**Instructor: Debby McLister, Accredited TCC Teacher**

**Th No class May/ June**

## T'ai Chi Chih-Full Practice

Experienced T'ai Chi Chih practitioners are invited to gain deeper benefits with this weekly open guided practice.

*You must know all of the 19 moves. No class 05/26*

**Instructors: Bruce Childs, Debby McLister, Bonnie**

**LeBlanc, Richard Nocella, Accredited TCCs**

**M 05/05– 06/30 3:00- 4:00 pm Free**

## Therapeutic QiGong

QiGong, also called "Chinese Yoga", predates T'ai Chi and is China's most ancient art of self-healing and fitness. It is a mind/ body/ spirit system of gentle movement, specific breathing and self- acupressure massage designed to channel Qi (pronounced "chee") or life force energy, into and through the body. It is simple to learn, elegant to practice and very calming. Therapeutic qigong practice: relaxes mind and body, increases energy and strengthens immune function, improves flexibility and balance, accelerates healing and prevents disease, helps with weight loss, is a natural anti-oxidant and slows aging process. QiGong is one of the easiest, simplest, all natural ways to profoundly improve your quality of life.

**Instructor: Annemarie Lang**

**Tu in progress 2:00– 3:15 pm**

## Eight Brocade QiGong (Ba Duan Jin)

Ba Duan Jin QiGong was one of the earliest qigong forms originating in China. Many other exercises and qigong forms developed afterwards based on this group of exercises. The eight movements are meant to strengthen organs and improve health and is said to be beneficial in fighting cancer, This course is best for those with some previous experience/ exposure to qigong or tai chi.

**Instructor: Annemarie Lang**

**Tu 06/03– 06/24 2:00– 3:15 pm \$24**

## TECHNOLOGY-

**Technology Café -** Please join us to talk about technology to support digital equity.

Advanced users welcome, but we are only covering the basics.

Please bring your device for one-on-one support and peer support.

**Pre-registration required, space is limited.**

"This Technology Cafe has been produced in full from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Office of Aging & Independence. **All sessions are Free.**

**Tu 05/27 9:30– 10:30 am Practice Lab**

**Tu 06/24 9:30– 10:30 am Practice Lab**



Massachusetts Councils On Aging





# ENRICHMENT PROGRAMS

Health | Hearing Clinics | Support Groups

## TECHNOLOGY cont-

### Computer Essentials Class-

This grant funded 5-week course is for **beginners** and will cover the basics such as how to navigate the internet, how to organize files, send and receive e-mail and much more. No pre-requisites. This course is designed for people who have never used a computer or have very little experience and want a solid introduction. Register today. Space is limited.

**Dates: 05/05- 06/09 (No class 05/26) 10:00- 11:30 am**

**Days: Mondays & Fridays (5 weeks, 10 classes)**

**To register: Call Denise Magnett, ESCC&I (508)258-2299 or e-mail at [denise.magnett@esci.org](mailto:denise.magnett@esci.org)**



## HEALTH & WELL-BEING-

### Healing Sounds

The vibrational light therapy of crystal bowls are said to be perfectly tuned to each of your chakras. Experiencing the bowls can be healing to the mind, body, and soul, inducing feelings of wellness and peace.

**Instructor: Kathleen Warren**

**W 05/28 & 06/25 2:00- 3:00 pm \$5 ea.**

## HEALTH TALKS-

**Blood Clots-** Some causes, locations where they occur, risks and treatment.

**Presenter: Joanne Burbank, RN, BSN, WCC, CenterWell Home Health**

**W 05/14 10:00- 11:00 am Free**

**Medication Management-** Important factors to consider and how best to manage medications to ensure safety.

**Presenter: Joanne Burbank, RN, BSN, WCC, CenterWell Home Health**

**W 06/11 10:00- 11:00 am Free**

**The Power of Nutrition: Enhancing Wellness as You Age-** This is a 5 part series and you are welcome to attend one, all or any number.

All sessions are 12:00- 1:00 pm and are free.

Topics will be presented in the following order-

<b>Tu</b>	<b>05/06</b>	<b>Cooking for One</b>	<b>12:00- 1:00 pm</b>
<b>Tu</b>	<b>05/13</b>	<b>Brain Health</b>	<b>12:00- 1:00 pm</b>
<b>Tu</b>	<b>05/27</b>	<b>Protein Power</b>	<b>12:00- 1:00 pm</b>
<b>Tu</b>	<b>06/03</b>	<b>Sodium Savvy</b>	<b>12:00- 1:00 pm</b>
<b>Tu</b>	<b>06/17</b>	<b>Savings &amp; Sustenance</b>	<b>12:00- 1:00 pm</b>

**Presenter: Tara Hammes, RDN., MCOA**



## BLOOD PRESSURE CLINIC

The **VNA of Cape Cod** will be here the **third Tuesday** of each month

**May 20  
June 17  
9:00-11:00 am**



## HEARING HEALTHCARE-

**Revolution Hearing-** Health Aging starts with Healthy Hearing. Free hearing clinic the **2nd Wednesday** of the month. This includes testing of hearing, consultation, servicing of hearing aids, programming of hearing aids, fitting support, Otoscopy for medical referrals and ear wax removal. **\*\*\* Must call (508)862-4750 to schedule an appointment.**

**Clinician: Susanne Powers, MA. Licensed Hearing Instrument Specialist, Revolution Hearing**

**W 05/14 & 06/11 11:00 am- 1:00 pm Free**

**At Home Hearing-** Free hearing clinic the **3rd Wednesday** of the month. This includes testing of hearing, consultation, servicing of hearing aids, programming of hearing aids, fitting support, Otoscopy for medical referrals and ear wax removal. **\*\*\* Must call (508)862-4750 to schedule an appointment.**

**Clinician: Shawn Woodbrey, MA. Licensed Hearing Instrument Specialist, At Home Hearing Healthcare**

**W 05/21 & 06/18 12:00 pm- 2:00 pm Free**

## SIGHT LOSS SUPPORT GROUP-

**Sight Loss Support Group-** Meets the **2nd Thursday** of each month.

**Facilitator: Jackie Mastrianna & Martha Person**

**Th 05/18 & 06/12 11:00 am-12:30 pm Free**

## BEREAVEMENT SUPPORT GROUP-

**Bereavement Support Group-** A support group led by a bereavement counselor, to provide a safe confidential place to share loss of a loved one and connect with others who are also coping with grief. Will meet the **2nd & 4th Wednesdays** of the month. Please register today.

**Facilitator: Danielle Lucca, LICSW, MSW VNA Hospice of CCH**

**W 05/14 & 05/28 1:00- 2:30 pm Free**  
**W 06/11 & 06/25 1:00- 2:30 pm Free**

**\*\*\*See Caregiver Support Programs page 19.**

# UKULELE & MOVIES & CLUBS

## Ukulele -

### Beginner 1-

Working on chord progressions and cleaner rhythm. Working on the "Dance" Book (\$5 book fee)

**Instructor: Cathy Hatch**

**Th 05/01- 06/05 9:00 -10:00 am \$36**

### Beginner 2-

Strumming- More music theory, emphasis on Strum and Syncopations. Not for the absolute beginner. Can take Beg. 1 and Beg. 2 at the same time. Working on the "Dance" Book (\$5 book fee)

**Instructor: Cathy Hatch**

**Th 05/01- 06/05 10:15- 11:15 am \$36**

### Absolute Beginner-

Learn the Basic chords: G- A- C- D7- E7- A7- D- F- G7- Am - Dm- Em. Learn basic strumming and chord progression and how to tune your ukulele. Beginner book. (\$5 book fee)

**Instructor: Cathy Hatch**

**Th 05/01- 06/05 11:30 am- 12:30 pm \$36**



### Monday Movies- Join us on **Mondays-**

May 5th through June 30th at 1:00 pm. **(BACC closed 05/26)** List of movies are posted at the BACC or call Samantha at (508)862-4750 to see what is showing.

**Friday Classic Flix- They don't make them like they used to!** Join us on **Fridays-** May 2nd through June 27th at 12:00 pm.

Thank you Roger, for your continued dedication to organizing the Friday Flixs!

List of movies are posted at the BACC or call Samantha at (508)862-4750 to see what is showing.



## CLUBS-

### Artists

Fridays 9:00 am-12:00 pm

### Bridge

Fridays 12:00- 3:45pm

(Anyone interested in joining, must first contact the BACC)

### Camera Club

2nd Wednesday of each month 1:30- 3:30 pm

### Chess Club

Fridays 1:00- 3:45 pm

### Circle of Sistas

Thursday- Call for Dates/ Time

Discussions on diverse literature open to all but focusing on women of color.

### Crafty Ladies

Tuesdays 10:00 am- 12:00 pm. Drop in social hours. Bring your own project, any craft will do. Or learn something new!

### Cribbage

Tuesdays 1:00- 3:00 pm

### Friday Flix

Fridays 12:00 pm

### Haiku

First Wednesday of each month 10:00 am- 12:00 pm

### Mah Jong

Mondays 9:00 am- 12:00 pm

### Pinochle

Thursdays 1:00- 3:00 pm

### Sunshine Crafters

Do you knit, or crochet? Please join us. Fridays, 1:00- 4:00 pm.

### Talkin' Sports

Tuesdays 10:00 am

### Woodcarvers

Wednesdays 9:00 am- 12:00 pm

*New participants always welcome*

## Reason # 14 to join a club-

It is often said that the anticipation of doing something fun can have more of a positive effect on us than the doing of the thing itself.

A vibrant social club will offer many, varying opportunities so you'll soon find yourself with a full social calendar that is packed with all different kinds of activities for you to look forward to with excitement.

# SPECIAL PROGRAMS & EVENTS

**\*\*\*Please remember that registration is required for all classes, events and programs. Call today to register.\*\*\***

## Computer Essentials-

As outlined on page 11. Five (5) week course designed for people who have never used a computer or who have very little experience and want a solid introduction. **Must pre-register (508) 258-2299.**



**Instructor: Denise Magnett, ESCCI**

**M & F 05/05- 06/06 10:00- 11:30 am Free**

**Coffee with a Cop-** Please join us the first Wednesday of each month for coffee with members of the Barnstable Police Dept. Have a question or would just like to visit and say "thank you", please join us.



**W 05/07 9:00 am- 10:00 am Free**  
**W 06/04 9:00 am- 10:00 am Free**

## Craft with Pop Up Art School: Crafting with Books-Romantic Teacup & Saucer-

In this unique art class you'll create a three-dimensional teacup and saucer using torn book pages. Guided by a template, you'll assemble and shape your teacup and add charming accents of flowers or hearts. Finish off with a personalized tag. Perfect as a unique gift or as a fun accent on a bookshelf.



**Instructor: Pop-Up Art School**

**W 05/07 12:00- 1:30 pm \$20**

**Disability Placard Workshop-** Join us to learn about RMV Disability Placard issuance and procedures. Learn how to apply for a Disability Placard, understand the legal use of the placard, the qualifications required, and RMV policies concerning placard renewals and replacements.



**Presenter: Michele Ellicks, MA. RMV**

**Th 05/08 9:30- 10:30 am Free**

**Art Reception-** Celebrating years of BACC Artists! For over a decade, participants at every level of art experience have enjoyed learning to paint using acrylics with Instructor Sue Carey. Please join us at our Art Reception to meet the artists, view their work and enjoy seeing what they have been doing at the BACC. There will also be displayed works of our wonderfully talented Wood Carving Club. Light refreshments will be served.



**F 05/09 1:00- 3:00 pm Free**

## Friday Music & Memories at the BACC-

Join us the **third Friday of each month** for an hour of musical entertainment. Local artists singing songs from a variety of genres. Sing along or just enjoy. Light refreshments will be provided.



**F 05/16 Declan Kelehan 1:00- 2:00 pm Free**  
**F 06/20 Mark Renburke 1:00- 2:00 pm Free**

## Range Day at Olde Barnstable Fairgrounds Golf Course,

Rt. 149, Marstons Mills- Enjoy a free hour at the driving range followed by lunch at the Tavern on the Green. There will be a choice of 4 different lunch options, including wraps, soup and sandwiches. Cost is \$25. Please bring your golf clubs, as they will not be provided. Advance registration is required, as space is limited. Transportation not provided, meet at the course.



**M 05/19 11:00 am- 1:00 pm \$25**

## Decorative Wood Painting with Irene-

Participants should wear or bring an old cover-up shirt that is ok to get paint or varnish on if that occurs during the class. All supplies, paint, stencils, and other items needed to complete the project will be supplied by Irene and included in the class fee. Irene has taught and created all types of painted wood artwork for over 40 years and is a very talented artist. This class is sure to fill up fast, so don't forget to sign up early. **Please call to register, and must pre-pay, as space is limited.**



**Instructor: Irene Frates**

**W 05/20 12:30- 3:30 pm \$30**

## Mah Jong Lessons- 4 Class Series-

A four (4) week session for those who want to learn the game of Mah Jong. Participants are required to purchase a Mah Jong Card prior to class. These can be found online at [www.nationalmahjongleague.org](http://www.nationalmahjongleague.org) or at local stationary stores.



**Instructor: Linda Baker**

**W 05/21- 06/11 11:30 am- 1:00 pm \$40**

## Mindfulness & Folk Music-

This 1-hour program includes breathwork, light stretching and a concert of new and old folk songs. Pete and Emma will perform on the acoustic guitar and cajon drum and lead a sing along of folk favorites from the 60's.



**Presenter: Pete Cormier, The Awareness Project**

**W 05/21 1:00- 2:00 pm Free**

# SPECIAL PROGRAMS & EVENTS

**Terrapin Talk-** Join Barnstable Natural Resources staff to learn about Diamondback Terrapins, the head start program, the conservation work done to protect them and the beautiful marsh and dune system at Sandy Neck that they call home.



**Presenter: Hannah Lawrence, Amy Coteau, Town of Barnstable Marine & Environmental Natural Resources Dept.**

**W 05/21 11:00 am- 12:30 pm Free**

**Essential Oils- Sunshine, blue skies- what could possibly go wrong? Allergies? Sunburn? Poison Ivy?**

Did you know that cilantro is the best oil for a post nasal drip, or that lavender is a natural antihistamine? Try all natural sunscreen, so you can avoid the hundreds of toxins that are in over the counter brands. Join us for a detailed look into how to use all natural ingredients to combat the seasonal problems that spring and summer can bring. We will have a "make and take" for you to bring home with you.



**Instructor: Chris Ventura**

**W 05/28 9:00- 10:30 am \$10**

**Field Trip- Tour the Barnstable County Correctional Facility-**

Tour will include a look inside the facility, learning about the intake process, visiting central control, different housing pods, and the Programs Department, including the woodshop. **Must register by Wed. 05/14.** Space is limited and transportation is provided.



**Facilitator: Barnstable County Sheriff's Office staff**

**Th 05/29 9:00 am- 12:30 pm Free**

**It's a Scam! with Barnstable Police Dept.-**

So important to be vigilant in protecting yourself against common scams and frauds. Educate yourself so as not to fall for malicious attempts to steal your private information. Unfortunately, the active threat of scams is ever-present. Everyone needs to hear this information.



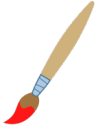
**Presenters: Det. Christopher Botsford, Barnstable Police Dept.**

**F 05/30 10:30 am- 12:00 pm Free**

Protect yourself, your personal information & your finances.

If you think you have been a victim of a scam, please report to the Barnstable Police Dept. at (508)775-0387

**Art4Healing Workshop- "Revealed"-** These workshops guide participants on how to express their feelings with abstract color. Participants will process their feelings on canvas while exploring color intuitively to tell their own personal story. This workshop will allow participants to reveal their hidden goals. This methodology will help to focus on the present moment as well as where they truly want to be in the future.



**Facilitator: Catherine Pichura, Certified Art Therapist & Certified Art4Healing Facilitator**

**M 06/02 10:00 am- 12:00 pm \$30**

**Cornhole Monday Madness is Back at the BACC!**- Bring a partner or gather a team and have some fun. Weather permitting will be outside.



**M 06/02- 06/30 11:00 am- 12:00 pm Free**

**Barnstable Sewer Expansion Update-**

The Barnstable Department of Public Works invites interested individuals to attend an informational session to discuss progress and upcoming sewer expansion plans as part of the Town's Comprehensive Wastewater Management Plan (CWMP).

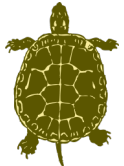


**Presenter: Kelly Collopy, Communications Manager, Barnstable Dept. of Public Works**

**W 06/04 2:30- 3:45 pm Free**

**Field Trip- Release of Terrapin Tortellini-**

Please join us for an outing to Sandy Neck Beach to participate in the release of our Diamondback Terrapin Tortellini. Meet at the BACC and the bus will leave at 9:45 am. Outing entails a walk through the dunes and marsh to a quiet cove for release at 10:30 am. Please wear appropriate footwear. Register today as space on bus is limited.



**Th 06/05 9:45 am- 12:00 pm Free**

**Author Talk- Lauren Wolk-**

Join Lauren Wolk for a conversation about her books and writing process and how engagement in the arts can be a true fountain of youth. Lauren is a published poet, artist, filmmaker, and the NY Times bestselling author of the middle grade novels *Wolf Hollow*, *My Own Lightning*, *Beyond the Bright Sea*, *Echo Mountain*, and *Candle Island*. She is also the author of the adult novel *Those Who Favor Fire* and looks forward to the release of two picture books. Lauren is also an educator and arts advocate who served as Associate Director of the Cultural Center of Cape Cod for 15 years. She lives in Centerville.



**Presenter: Lauren Wolk**

**M 06/09 10:30 am- 12:00 pm Free**

# SPECIAL PROGRAMS & EVENTS

**Joint Veteran's Program-** Please join us for a joint presentation with Cape Cod Vet Center, Cape & Islands Veterans Outreach Center and the Town of Barnstable Veteran's Services. Meet our local contacts and learn about veteran's services Cape- wide and beyond. [\(See page 27\)](#)



**Presenters: Adam Doerfler, CC Vet Center, Barbara Ann Foley, CIVOC & Greg Quilty, TOB Veteran's Services**  
**Tu 06/10 10:00 am- 12:00 pm Free**

**Songs with Barnstable Community Innovation School Kindergarteners**



Back by popular demand and a favorite event every June! Please join us. Four kindergarten classes from the Barnstable Community Innovation School will visit the BACC, sing patriotic songs and meet and greet with the audience to introduce themselves and chat afterwards.

**W 06/11 10:00- 11:00 am Free**

**Decorative Wood Painting with Irene-**

Participants should wear or bring an old cover-up shirt that is ok to get paint or varnish on if that occurs during the class. All supplies, paint, stencils, and other items needed to complete the project will be supplied by Irene and included in the class fee. Irene has taught and created all types of painted wood art-work for over 40 years and is a very talented artist. This class is sure to fill up fast so don't forget to sign up early. **Please call to register, and must pre-pay, as space is limited.**



**Instructor: Irene Frates**  
**Tu 06/17 12:30- 3:30 pm \$30**

**Fire Safety with Hyannis Fire Dept- Outdoor fire and grill safety-**

Keep your home and property safe year round with tips and advice for outdoor fire and grill safety. Brief safety presentation and discussion points followed by a question & answer period.



**Presenter- Lt. Mike Dalmau, Hyannis Fire Dept.**  
**F 06/20 1:30- 2:30 pm Free**

**CCRTA Training & Go Card Program-**

This workshop will educate attendees about the different options our public transportation system provides on Cape Cod. There will be a brief video followed by a question & answer period. Information & assistance with signing up for the new GO Card will also be available.



**Presenters: Kathy Jensen & Mariela Cordero, CCRTA**  
**Tu 06/24 2:30- 3:30 pm Free**

**Getting the Most of Your Apple Watch-** In this class we start with the basics, move to the health benefits, emergency benefits, managing alerts, alarms, customization and more. You will walk away with the ability to use the watch like a pro! Make sure you bring your watch!



**Presenter: Sarah Canning, Gadgets Made EaZy**  
**Th 06/26 12:00- 2:00 pm Free**

**Kick-Off to Summer Picnic**



**Thursday June 12**  
**12:00- 2:00 pm**

Please join us for our Kick-Off to Summer Picnic. Food catered by The Little Sandwich Shop. Entertainment by Cathy Hatch and the Cape Cod Ukulele Club.

Always a fun time!  
 Cost \$10. Must pre-register, as space is limited. Please call today to register and provide choice of sandwich.  
 (508)862-4750.



**Craft with Pop Up Art School: Felted Butterfly Car Diffuser-**

Learn the basics of needle felting as you design a unique butterfly, then attach to a vent clip for a fun car accessory. Add a few drops of orange essential oil and enjoy a fresh, fragrant drive. With your finished piece and basic skills, you will also get a foam block, needles and the confidence to continue your felting journey independently.



**Instructor: Pop Up Art School**  
**M 06/16 11:00 am- 12:30 pm \$20**

*Join us in celebrating!*

**Thursday May 15 is National Chocolate Chip Cookie Day**

We will be giving out cookies in the lobby from 11:00 am- 1:00 pm



**Tuesday June 10 is National Iced Tea Day**

Have a refreshing glass of iced tea in the lobby from 11:00 am- 1:00 pm



# MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1:30 pm- Ukulele Concert	2 <b>BROWN BAG</b>  12:00 pm- Movie
5 10:00 am- Computer Essentials class begins 1:00 pm- Movie 1:00 pm- Music & Movement	6 12:00 pm- Nutrition Talk	7 9:00 am- Coffee with a Cop 9:00 am- Ask the RN 9:30 am- ES Caregiver Support Prog 11:00 am- BCOA Respite 12:00 pm- Craft w/ Pop Up Art	8 9:30 am- RMV Talk 10:00 am- BCOA at Whelden Library 11:00 am- Sight Loss Support Group 1:00 pm-Alz. Family Support & Comp Groups	9 10:00 am- BCOA at Centerville Library 10:30 am- The Other Side- Meet & Greet 12:00 pm- Movie 1:00 pm- Art Reception
12 10:00 am- State Rep Kip Diggs 1:00 pm Movie 1:00 pm- Music & Movement	13 10:00 am- BCOA at Cotuit Library 12:00 pm- Nutrition Talk 	14 9:00 am- Ask the RN 9:30 am- ES caregiver Support Prog 10:00 am- Health Talks- CenterWell 11:00 am- BCOA Respite 11:00 am- Hearing Clinic 1:00 pm - VNA Grief Support Group	15 10:00 am- BCOA at Hyannis Library  <b>National Chocolate Chip Cookie Day</b> 11:00 am- 1:00 pm	16 12:00 pm- Movie 1:00 pm- Friday Music & Memories w/ Declan Kelehan
19 11:00 am- Golf Range Day 1:00 pm- Movie 1:00 pm- Music & Movement	20 9:00 am <b>Blood Pressure Clinic</b> 10:00 am- BCOA at Sturgis Library 12:30 pm- Wood Painting with Irene	21 9:00 am COA Board Mtg 9:00 am- Ask the RN 9:30 am- ES Caregiver Support Prog 11:00 am- BCOA Respite 11:00 am- Terrapin Talk 11:30 am- Mah Jong lessons begin 12:00 pm- Hearing Clinic 1:00 pm- Mindfulness & Folk Music	22 10:00 am- BCOA at Osterville Library 1:00 pm-Alz. Family Support & Comp Groups	23 12:00 pm- Movie 
26 <b>BACC closed in observance of Memorial Day</b> 	27 9:00 am- Technology Café- Scam Talk w/ BPD 11:00 am- BCOA Respite 12:00 pm- Nutrition Talk	28 9:00 am- Ask the RN 9:00 am- Essential Oils 9:30 am- ES Caregiver Support Prog 9:30 am- Veterans Cafe 11:00 am- BCOA Respite 1:00 pm - VNA Grief Support Group 2:00 pm- Healing Sounds	29 9:00 am- Field Trip- Barnstable Corr. Center	30 9:00 am- State Rep Steven Xiarhos 10:30 am- It's a Scam Talk 12:00 pm- Movie

**In the calendar are one time programs. For all other ongoing activities see the newsletter listings.**

# JUNE 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 am– Art4Healing 11:00 am– Cornhole Madness begins 1:00 pm– Movie 1:00 pm– Music & Movement	<b>3</b> 12:00 pm– Nutrition Talk	<b>4</b> 9:00 am– Coffee with a Cop 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 11:00 am– BCOA Respite 2:30 pm– TOB Sewer Talk	<b>5</b> 9:45 am– Field Trip– Terrapin Release	<b>6</b> <b>BROWN BAG</b>  12:00 Movie
<b>9</b> 10:00 am– State Rep Kip Diggs 10:30 am– Author Talk– Lauren Wolk 1:00 pm– Movie 1:00 pm– Music & Movement 	<b>10</b> 10:00 am– BCOA at Cotuit Library 10:00 am– Joint Veteran’s Program  <b>National Iced Tea Day</b> 11:00 am– 1:00 pm	<b>11</b> 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:00 am– Songs with Kindergarteners 10:00 am– Health Talks– CenterWell 11:00 am– BCOA Respite 11:00 am– Hearing Clinic 1:00 pm– VNA Grief Support Group	<b>12</b> 10:00 am– BCOA at Whelden Library 11:00 am– Sight Loss Support Group <b>12:00 pm– Kick-Off Summer Picnic</b> 1:00 pm–Alz. Family Support & Comp Groups	<b>13</b> 10:00 am– BCOA at Centerville Library 10:30 am– The Other Side– Meet & Greet 12:00 pm– Movie
<b>16</b> 11:00 am– Craft w/ Pop Up Art 1:00 pm– Movie 1:00 pm– Music & Movement	<b>17</b> <b>9:00 am– Blood Pressure Clinic</b> 10:00 am– BCOA at Sturgis Library 12:00 pm– Nutrition Talk 12:30 pm– Wood Painting with Irene	<b>18</b> <b>9 am– COA Board Mtg</b> 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:00 am– Health Talk 11:00 am– BCOA Respite 12:00 pm– Hearing Clinic	<b>19</b> <b>BACC closed in observance of Juneteenth</b>	<b>20</b> 12:00 pm– Movie 1:00 pm Music & Memories w/ Mark Renburke 1:30 pm– Fire Safety w/ HFD  <b>First Day of Summer</b> 
<b>23</b> 10:00 am BCOA at Marstons Mills Library 1:00 pm– Movie 1:00 pm– Music & Movement	<b>24</b> 9:30 am– Technology Café 11:00 am– BCOA Respite 2:30 pm– CCRTA Talk	<b>25</b> 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 9:30 am– Veterans Cafe 11:00 am– BCOA Respite 1:00 pm– VNA Grief Support Group 2:00 pm– Healing Sounds	<b>26</b> 10:00 am– BCOA at Osterville Library 12:00 pm– Apple Watch Talk 1:00 pm–Alz. Family Support & Comp Groups	<b>27</b> <b>9:00 am - State Rep Steven Xiarhos</b> 12:00 pm– Movie
<b>30</b> 1:00 pm– Movie 1:00 pm– Music & Movement	 			

**In the calendar are one time programs. For all other ongoing activities see the newsletter listings.**

# AGING & CAREGIVING TOOLS

**In Their Shoes- The Effects of Dementia-** Understanding how your person is impacted by memory impairment. This program will review the different aspects of memory impairment and how we can support and communicate with the person affected.

**Th 05/08 10:00- 1:00 am Whelden Library**

**Caregiver Resources- Finding Anchors in our Community-** Let's take a look at our community resources for aging in place. The program will cover aging agencies, SHINE, caregiver needs, nutritional supports and much more.

**F 05/09 10:00- 11:00 am Centerville Library**

**I Want to Stay at Home! What do I need to do?** Planning is hard because you never know how your needs might change. The first step is to think about the kinds of help you might want in the near future. Maybe you live alone, so there is no one living in your home who is available to help you. Maybe you don't need help right now, but you live with a spouse or family member who does. Everyone has a different situation. This program will discuss options according to the National Institute on Aging.

**Tu 05/13 10:00- 11:00 am Cotuit Library**

**F 06/13 10:00- 11:00 am Centerville Library**

**Finding a Balance in Caregiving-** If you are in a certain age category, you've most likely thought about caregiving for a loved one. Whether that be for your parents, siblings, children, other relatives or even friends, it can take on a life of its own. Caregiving is no easy task, so fully thinking through how this may play out in your life is a good idea (even if it is overwhelming). By planning and being realistic about the situations in your life, you stand a better chance of decreasing the upfront stresses when you step into a caregiver role.

**Th 05/15 10:00- 11:00 am Hyannis Library**

**Memory Loss 101- Dementia Friend Training- What is a Dementia Friend-** To become a Dementia Friend, you participate in a one- hour Dementia Friends Information Session offered by a Dementia Friends Champion. You will learn five key messages about dementia and a bit about what it's like to live with dementia. As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone with dementia living in your community. Your action can be as big or as small as you choose- because every action counts.

**Tu 05/20 10:00- 11:00 am Sturgis Library**

## BCOA LIBRARY OFFICE HOURS

Have any questions about caregiving, Medicare, respite programs, memory issues, community resources, local supports and programs that the Council on Aging offers? The BCOA Caregiver/Support Service Coordinator has office hours at our local Libraries. Stacey Cullen will be available monthly in each village to answer questions and direct to the proper community resource. Walk-in's welcome.

### Monthly library schedule-

<b>2nd Tues.-</b>	<b>10 am- 12 pm</b>	<b>Cotuit Library</b>
<b>2nd Thurs.-</b>	<b>10 am- 12 pm</b>	<b>Whelden Library</b>
<b>2nd Fri.-</b>	<b>10 am- 12 pm</b>	<b>Centerville Library</b>
<b>3rd Tues.-</b>	<b>10 am- 12 pm</b>	<b>Sturgis Library</b>
<b>3rd Thurs.-</b>	<b>10 am- 12 pm</b>	<b>Hyannis Library</b>
<b>4th Mon.-</b>	<b>10 am- 12 pm</b>	<b>Marstons Mills Library</b>
<b>4th Thurs.-</b>	<b>10 am- 12 pm</b>	<b>Osterville Library</b>

**What is Your Learning Style?** This program will review our learning styles. Participants will have a better understanding of how we interpret information- visual, audio or tactile learner

**Th 05/22 10:00- 11:00 am Osterville Library**

**Better Memory Habits-** This program will provide an overview of the many different ways we can jog our memory. The program will review different techniques for remembering names, words and appointments.

**F 06/10 10:00- 11:00 am Cotuit Library**

**Reducing your Risk of Dementia-** This program will review healthy lifestyle choices that may help lower your risk of dementia.

**Tu 06/17 10:00- 11:00 am Sturgis Library**

**Memory 101- What's Normal and What's Not:** This program aims to offer a comprehensive understanding of normal aging, the typical forgetfulness associated with aging, and more severe memory issues. As individuals grow older, it is common for subtle alterations in memory to take place as a natural aspect of the aging process. Nevertheless, there are instances when these changes manifest earlier or progress more rapidly than one might expect.

**M 06/23 10:00- 11:00 am Marstons Mills Library**

**The Essentials of Healthy Aging:** This initiative seeks to explore the different factors that positively influence the aging process. While genetics may play a role in aspects beyond our control, research shows that there are many steps individuals can take to manage their health, maintain independence, and enhance their overall quality of life as they age.

**Th 06/26 10:00- 11:00 am Osterville Library**

## Keep Your Brain Sharp

Regular physical activity, particularly aerobic exercise and weight training, can significantly boost brain health by increasing blood flow, improving memory, and reducing the risk of cognitive decline- and it's not too late to start! It has been reported for some time that what is good for your heart is good for your brain. This is especially true when it comes to exercise.

Five (5) Brain Boosting Exercises includes *aerobic exercise, weight training, yoga, tai chi* and *dancing*. The good news is that all of these activities are available in one form or another here at the BACC.

*The second Wednesday of the month respite program has been generously funded from a grant to the Massachusetts Councils on Aging by the Massachusetts Executive Office of Aging & Independence. Thank you!*





# RESPIRE PROGRAM & CAREGIVER SUPPORT

## BARNSTABLE CONNECTS-

Barnstable Council on Aging invites caregivers and other members of our community to join Barnstable Connects. Barnstable Connects is a dementia-friendly program that provides engaging programs for members of our community with memory impairments. The program focuses on keeping our bodies in motion, cognitive exercises and of course, a little fun.

**\*\*\*Registration is Required for All Programs\*\*\***  
 Sign up by contacting  
**Stacey Cullen, Program Coordinator at 508-862- 4750, ext. 4765 or [stacey.cullen@town.barnstable.ma.us](mailto:stacey.cullen@town.barnstable.ma.us)**

### Barnstable Connects Program Schedule:

**Dementia Friendly Music & Movement Chair Exercise.** Gentle seated exercise program with focus on common functional movements to keep bodies in motion.

**Mondays 1:00- 2:00 pm BACC**  
**Presenter: Stacey Cullen**

**Mon. 05/05, 05/12, 05/19 No 05/26 1- 2 pm**  
**Mon. 06/02, 06/09, 06/16, 06/23, 06/30 1- 2 pm**

**Friday Music & Memories at the BACC-** Please join the Respite staff for an engaging, crowd pleasing musical entertainment.

**F 05/16 1- 2 pm Frank Whalen Free**  
**F 06/20 1- 2 pm John Poirier Free**



## BARNSTABLE COA RESPIRE PROGRAM

Barnstable Council on Aging Respite program will provide older adults in our community a safe, social and positive environment to connect with peers while their caregivers have an opportunity to refresh and regroup.

### Program dates & times-

**Wednesday May 7 11:00 am- 2:00 pm**  
**Wednesday May 14 11:00 am- 2:00 pm**  
**Wednesday May 21 11:00 am- 2:00 pm**  
**Tuesday May 27 11:00 am- 2:00 pm**  
**Wednesday May 28 11:00 am- 2:00 pm**

**Wednesday June 4 11:00 am- 2:00 pm**  
**Wednesday June 11 11:00 am- 2:00 pm**  
**Wednesday June 18 11:00 am- 2:00 pm**  
**Tuesday June 24 11:00 am- 2:00 pm**  
**Wednesday June 25 11:00 am- 2:00 pm**

**\*\*\*All respite participants and caregivers must pre-register for program (no exceptions) \*\*\***



*We cannot direct the wind,  
 but we can adjust the sails*



## CAREGIVER SUPPORT PROGRAMS-

### The Family Caregiver Support Program

Elder Services of Cape Cod & Islands is pleased to offer a **weekly caregiver support group on Wednesdays**. Join us and connect with other caregivers, learn self-care strategies and about services and supports that could be helpful. You are not alone!  
**Please register by calling [Laura Cheesman at \(508\)258-2476](tel:5082582476) or email at [laura.cheesman@escci.org](mailto:laura.cheesman@escci.org).**



**Facilitator: Laura Cheesman, FCSP Manager ESCC&I**  
**W 05/07- 06/25 9:30- 11:00 am Free**

### Alzheimer's Family Support Center (AFSC)-

**In- Person Psychoeducational Support Group & Companion Group** for people with cognitive loss and their caregiver that runs simultaneously. **2nd & 4th Thursdays** of each month. Call **(508)896-5170** for more info or to register.



Alzheimer's Family Support Center of Cape Cod

**Facilitator: Alzheimer's Family Support Center**  
**Th 05/08, 05/22, 06/12, 06/26 1:00- 2:30 pm Free**

**Supporting Independence-** This program focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.



**Facilitator: Jennifer Hoadley, Regional Manager SE Mass, Alzheimer's Association MA/ NH Chapter**  
**M 05/19 1:00- 2:00 pm Free**

## Top Ten Caregiver Tips for Maintaining Health & Well-Being

Maintaining your health and well-being is one of the most important things you can do as a caregiver. When you feel better, you can take better care of your loved one. Try to make a conscious effort every day to carve out time for yourself. It can be as simple as spending 10 minutes taking a walk, diving into the latest bestseller or weeding your garden.

Keep these simple steps in mind to ensure you find the time and resources to take care of yourself.

1. Get regular physical activity.
2. Maintain a heart- healthy diet.
3. Make time for yourself.
4. Keep humor in your life.
5. Get out and about.
6. Watch for depression.
7. Take care of business.
8. Keep medical and dental appointments.
9. Think positive.
10. Stay connected to the outside world.

### TAKE CARE



OF YOURSELF

~ American Heart Association

# SUPPORT SERVICES / OUTREACH

**Brown Bag Program**- In conjunction with the Greater Boston Food Bank, the program provides a bag of groceries the first Friday of every month. Bags can either be picked up at the BACC or can be home delivered. Free to qualified recipients.



**Caregiver Support**- The Barnstable Council on Aging continues its commitment to caregivers in our community. Caregiver Support Services provides educational programs, respite opportunities, dementia friendly programs and resources to caregivers. (See pages 14-15)

**Fuel Assistance**- Support Services continues to be available to assist with Fuel Assistance applications. In August, Fuel Assistance renewal forms will be sent out to those who had FA the previous year. New applications are usually available to be filed in October. Once the application has been filed, any inquiries regarding status of application should be made to the South Shore Community Action Council at 508-746-6707. (See page 21)

**Health Insurance Counseling/ SHINE**- The SHINE Program is for people who have Medicare or are about to become eligible for Medicare and need to connect with a trained volunteer counselor to learn about benefits and options. (See page 22)

**Mailbox Sticker Program**- Working with our local Post Offices, a sticker is placed in your mailbox that simply says "if there is an accumulation of three (3) days of mail in the box, please notify the Barnstable Council on Aging". By putting this sticker in your box you are adding an extra set of non-invasive eyes watching out for you. If we receive a call from a mail carrier and are unable to make contact with you a call will be placed to the police for a well-being check.



**Real Estate Tax Abatement Program/ 41C**- Support Services continues to be available to assist with the Residential Exemption application and the Senior Real Estate Tax Abatement(41C) application. The 41C application must be filed annually. Applications can be filed between July and April. (See page 23)

**Telephone Reassurance Program**- Families are living so far away now, wouldn't it be nice to have someone check on you just in case. If you are living alone and a little nervous about it, consider the telephone reassurance program. Monday through Friday daily morning check-in phone calls are made to make sure you are up and about for the day. This program will add just a touch of security for you. Should you not answer the morning call after a couple of tries, we will send an outreach worker to your home to check on you and will follow up with a request for a well-being check, if necessary.



**Older Americans Month- May, 2025**  
**Theme: Flip the Script on Aging.**



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults

The 2025 theme, **Flip the Script on Aging**, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

## Bridging the Digital Divide

Technology plays a huge role in our daily lives and it is important for everyone to have access to reliable and user-friendly devices. The BCOA/BACC now has a **Chromebook** for your use and we are here to assist you with connecting to virtual-appointments, resources, and online programs in a safe and secure environment. Contact: **Stacey Cullen** or **Mary Taylor**, Support Services Coordinators for assistance.

Also consider attending the **Technology Café** on Tuesdays, May 27 and June 24 from 9:30- 10:30 am. See page 10. Must pre-register.

## MEDICAL EQUIPMENT-

The BACC has medical equipment available to borrow free of charge. We also greatly appreciate any donations of new or gently used equipment. **(Please do not leave any equipment after hours.)** At this time, we are not handling any commodes, raised toilet seats or any equipment related to toileting. Equipment must be cleaned thoroughly, or we will be unable to accept the donation. Please contact Outreach Coordinator **Mary Taylor** at **(508)862-4750 ext. 4759** with any inquiries.

**Cape Cod HELP, Inc.**, is a 501(c)3 non-profit organization run by the Free Masons of Cape Cod. HELP (Hospital Equipment Loan Program) seeks to match new/ gently used medical equipment with people in need free of charge. They have larger type items that the BACC cannot manage. Drop off/ pick-up times are Saturdays from 10:00 am- 12:00 pm at the Fraternal Lodge, 1989 Falmouth Rd., Centerville. **Their contact number is (774)552-2199.**



# SUPPORT SERVICES / OUTREACH

## We are now offering limited Notary Public services



Please call  
Outreach Coordinator **Mary Taylor**  
at **(508)862-4750 ext. 4759**  
to schedule an appointment.

Be prepared for your Notary Public visit-

- Bring a valid, government issued photo ID
- Bring the unsigned documents; as they must be signed with the notary present

A notary is not authorized to give legal advice or to prepare legal documents on the behalf of others.

## Lock Box for your home-



Having a lock box on your home can save emergency responders valuable time. A dispatcher can simply notify responders that a lock box is in use.

The lock box provides an alternative to forced entry, which would likely result in damage to your home. In the event of an emergency, **only responders from your local fire department have access to your box.**

Provides peace of mind for residents and their families.

Contact your local fire department for further information, if interested. Be safe!

### Fire Depts. (non-emerg.)-

**Barnstable Fire Dept.-** (508)362-3312

**Centerville- Osterville- Marstons Mills**

**(COMM) Fire Dist.-** (508)790-2375

**Cotuit Fire Dept.-** (508)428-2210

**Hyannis Fire Dept.-** (508)775-1300

**West Barnstable Fire Dist.-** (508)362-3241



## The Barnstable Silver Alert Program-

The Silver Alert Program was created in 2010 to provide support to family members caring for adults afflicted with serious memory impairments who may be “at risk” for wandering or have the potential for getting lost. The program provides the Barnstable Police Department with vital information about “at risk” residents. Having this key data will reduce police response time, and in turn, may save lives. Please contact Caregiver/ Support Services Coordinator **Stacey Cullen** at **(508)862-4750 ext. 4765**, for additional information.



## Do You Have a POA and a HCP?

In Massachusetts, having both a Power of Attorney (POA) and a Health Care Proxy (HCP) is crucial for safeguarding your interests.

**Power of Attorney (POA)-** A legal document that allows you to appoint someone (your “agent”) to make financial and legal decisions on your behalf if you are unable to do so yourself. There are three (3) types- General POA which grants broad authority to the agent to handle a wide range of financial and legal matters, Limited POA which restricts the agent’s authority to specific tasks or decisions and Durable POA which remains effective even if the principal becomes incapacitated. Designating a POA ensures your affairs are managed according to your wishes if you become incapacitated, provides peace of mind for you and your loved ones and prevents legal complications and potential disputes.

**Health Care Proxy (HCP)-** A legal document that allows you to appoint someone (your “health care agent”) to make healthcare decisions on your behalf if you become unable to do so yourself. Designating a HCP ensures your healthcare wishes are respected, even if you are unable to communicate them, allows you to choose a trusted person to make medical decisions on your behalf and prevents potential conflicts or disagreements among family members or healthcare providers. In Massachusetts, a Health Care Proxy is the only legally binding document for making health care decisions on behalf of another person. (A Living Will (also known as an Advance Directive) is not a legally binding document, but can be a guide to help your family understand your preferences for healthcare treatment, especially end-of-life decisions.)

Why do you need both documents? Having both a Power of Attorney and a Health Care Proxy ensures that all aspects of your life are protected and managed according to your wishes. Together, these two tools provide comprehensive coverage, assuring you that your affairs are in capable hands.

## To file a complaint with the Massachusetts Attorney General’s Office (AGO)

**Elder Hotline** (if over 60)- **(888)243-5337**

**Consumer Hotline-** **(617)727-8400**

or file a complaint online through their website



**NATIONAL ELDER  
FRAUD HOTLINE**  
**1-833-FRAUD-11**  
**1-833-372-8311**

If you or someone you know has been a victim of elder fraud (financial scams and abuses), help is standing by at the National Elder Fraud Hotline.

# SHINE | MEDICARE

## The Medicare Savings Program (MSP) (formerly MassHealth Buy-In) – **New limits!**

The Medicare Savings Program (MSP) helps pay some of the out-of-pocket costs of Medicare.

- MSPs are programs that pay for some or all of Medicare beneficiaries' premiums, deductibles, copays, and co-insurance. In Massachusetts, MSPs are run by MassHealth and offer three different coverage types as part of the MSPs:
- **Qualified Medicare Beneficiary (QMB), formerly MassHealth Senior Buy-in: Income of less than \$2,478/ month for individual and \$3,349/ month for a couple. With no asset limit.**
- **Specified Low-Income Medicare Beneficiary (SLMB), formerly MassHealth Buy-In: Income of less than \$2,739/ month for individual and \$3,702/ month for a couple. With no asset limit.**
- **Qualifying Individual (QI-1): Income of less than \$2,935/ month for individual and \$3,966/ month for a couple.**

MassHealth pays for the Medicare Part A premium, if you have one (most people will not), and the Medicare Part B premium and cost sharing (paying some of the costs of things like copays, deductibles, and/or premiums). If you have QMB, your medical provider is not permitted to bill you for Medicare copays and deductibles. This includes Medicare Advantage Plan providers. However, you can still be charged a pharmacy copay.

- Enrolling in any of the MSPs also automatically provides drug coverage with low copays. It also lets Medicare beneficiaries sign up for Medicare Part B at any point in the year, without paying any financial penalties for signing up late.

**MSP is not insurance plans. MSPs are always combined with Medicare and do not offer any additional coverage or services that Medicare does not provide.**

As of March 1, 2024, the asset limit was removed in determining eligible consumers. This will expand eligibility to older adults.



## SHINE

**Serving the Health Insurance Needs  
of Everyone**

For SHINE appointment, please call Jacqi Easter at  
**(508)862-4750 ext. 4757**

## **FYI-** Changes to Accessing Social Security In-Person Services

The Social Security Administration (SSA) now requires in-person visits for those seeking information on records and benefits if they cannot verify their identity using the "MySocialSecurity" online application. The process for changing a direct deposit, getting a replacement card, filing for survivor benefits, or starting a claim for benefits can be started over the phone, but will require an in-person visit to verify identity.

Social Security encourages customers to become accustomed to their:

online services, where many transactions can be completed conveniently and securely, and automated services available on our National 800# at 1-800-772-1213.

Customers who are not able to handle their business online or with the automated options, may call their **local Social Security office in Hyannis at 866-467-0440** or the National 800# as noted above, to schedule an appoint.

## **Prescription Advantage**

Each year thousands of Medicare beneficiaries reach a **gap** in their Medicare prescription drug plan that is often referred to as the **"donut hole"**. If you reach the gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** is a state-sponsored program that supplements your Medicare drug plan to fill the gap. For more information, call MassOptions at (800)243-4636, M-F, 9 am– 5 pm or visit [prescriptionadvantagema.org](http://prescriptionadvantagema.org)

## **Become a SHINE Volunteer**

If you like helping people and enjoy technical information and problem solving, you may be the perfect SHINE volunteer!



Volunteers participate in a 10-day training and must pass a state certification test annually. To meet the needs of our communities you may be asked to serve in an area other than where you live. For more information, please call SHINE Program Manager Kristina Whiton-O'Brien at **(774)243-2953**

## Helpful telephone numbers and websites:

Medicare  
[www.medicare.gov](http://www.medicare.gov)  
800.633.4227  
MassHealth- 800-841-2900

SHINE- Barnstable County  
Office 508-375-6762

Social Security-  
[www.ssa.gov](http://www.ssa.gov)  
800-772-1213  
Local Office-  
100 Independence Dr., Ste  
4, Hyannis 866-467-0440

Prescription Advantage-  
[www.prescriptionadvantagema.org](http://www.prescriptionadvantagema.org) 800-243-4636

# VOLUNTEER OPPORTUNITIES

**“The greatness of a community is most accurately measured by the compassionate actions of members”**

Please consider volunteering with our COA Board, Meals-On-Wheels, Barnstable Neighbor 2 Neighbor or right here at the BACC with the many events or services (SHINE, AARP Tax-Aide) we provide. Please call Jen Fratus at **(508)862-4750 ext. 4752** to inquire about volunteering opportunities.

## Barnstable Neighbor 2 Neighbor

**(BN2N)** is a network of volunteers who assist older residents in maintaining their independence and staying connected to their community.



We bring together older residents, who are living independently in their own homes, but need some additional assistance, with volunteers who will provide those services.

Our members receive services such as transportation, light household and yard work, grocery shopping, running errands, socialization and assistance with devices such as smart phones, TVs and tablets.

To be eligible for membership, one must be a Town of Barnstable resident, at least age 60 and living independently and safely in their own home. We offer reduced-fee memberships for eligible residents unable to afford the full membership fee.

Our volunteers are CORI-screened and receive training prior to providing services. BN2N is a nonprofit, all volunteer 501(c)(3) organization. Please visit [www.barnstableneighbor.org](http://www.barnstableneighbor.org) if you are interested in joining BN2N as a member or a volunteer, or call us at **(508)418-9220**.

## Become a SHINE Volunteer

If you like helping people and enjoy technical information and problem solving, you may be the perfect SHINE volunteer!



SHINE volunteers offer free, confidential insurance counseling on Medicare options. Their services help many Medicare beneficiaries on Cape Cod and the Islands. Volunteers participate in a 10-day training and must pass a state certification test annually. To meet the needs of our communities you may be asked to serve in an area other than where you live. For more information, please call Kristina Whiton- O'Brien at **(774)243-2953**.

## Companion Animals of Cape Cod-

[www.companionanimalprogram.com](http://www.companionanimalprogram.com)

**The Family Pantry**, 133 Queen Anne Rd., Harwich  
(508)432-6519

**MSPCA**, 1577 Falmouth Rd., Centerville (508)775-0940

## Elder Services is in need of additional volunteer Meals-On-Wheels drivers.



Meals are delivered to homes of seniors 60 and older, Monday through Friday between 10:00 a.m.-12 noon, and deliveries take roughly two (2) hours.

Volunteer once a week, or serve as a substitute/ fill-in driver, as needed.

Volunteer on your own, partner with a spouse or friend, or adopt a route with a group or business.

Training is provided and mileage reimbursement is available. Please contact Dawn Ericson-Taylor, Volunteer Resource Center Manager, 508-394-4630, ext 530 or [dawn.ericson-taylor@esci.org](mailto:dawn.ericson-taylor@esci.org) to learn more about this rewarding opportunity.

**Volunteers deliver a nutritious meal, a well-being check and a smile!**

## Looking for a great way to serve your community?

### AARP Foundation Tax-Aide Needs Volunteers!

AARP Tax-Aide is a free tax preparation service focused on helping taxpayers with low-to-moderate income. Sponsored by AARP and funded 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, AARP 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.. New volunteer training starts in the fall and upon passing the required test, volunteers are assigned to various centers across the Cape & Islands. AARP membership is not required.

Want more information? Please email at [TAVolunteerd18@gmail.com](mailto:TAVolunteerd18@gmail.com)



**A BIG Thank You to our 2025 AARP Tax-Aide volunteers-**

*Joanne, Joe, JoMary, Joyce, Hector,  
Melissa, Paul & Susan*

# COMMUNITY RESOURCES

## MassHire-Cape and Islands Career

**Center**, 372 North St., Hyannis, serves adults of all ages, including mature workers, and youth 16 and older looking for full or part time employment. Call (508)771-5627 or visit [www.masshire-capeandislands.com](http://www.masshire-capeandislands.com) to learn about our workshops and employment services.



## Cape Cod Disaster Animal Response Team (DART) Pet Food Pantry for Dogs & Cats

E-mail if you have a need for pet food:- [ccdart@gmail.com](mailto:ccdart@gmail.com). And they can assist with locating additional resources.



## Cape Wellness Collaborative

helps those fighting cancer feel better.

**(774)408-8477**

Mon, Tues & Fri 10 am– 2 pm  
436b Station Ave., South Yarmouth

## Need assistance with legal matters?



**South Coast Counties Legal Services:** Hyannis Office– 460 W. Main St. This non-profit organization provides legal services to those age 60+. Advocate for people struggling economically to help protect their homes, their families, their health, their livelihood and their rights.

**Call Ms. Rasheda Dickerson at 774-487-3251.**

**MA Attorney General's Office:** Reach them at **888-243-5337** or **TTY at 617-727-4765**

**RMV 65+ Contact Center-** The RMV has a contact number **(857)368-8005** for customers who are unable to make an appointment reservation on-line. This number is reserved for customers over age 65, as well as people with disabilities.



**Wednesdays between 9:00– 10:00 am** are reserved for **customers over age 65 who need a license or ID transaction. A reservation is required.**

**\*MA law requires drivers who are 75 years of age or older to renew in person.**

**DHS has extended the REAL ID full enforcement date from May 3, 2023 to May 7, 2025.**

Beginning May 7, 2025, air travelers 18 years of age and older will need a REAL ID compliant Driver's License or ID, or another TSA– acceptable form of identification, for domestic air travel and to enter certain federal facilities.

Learn more at: [www.dhs.gov/real-id](http://www.dhs.gov/real-id)

## Representative Kip Diggs-



In order to provide better access, Kip Diggs, Massachusetts State Representative for the 2nd Barnstable District (Precincts 1, 2, 3, 4, 5, 6, 7, 8, 9 & 13 in Town of Barnstable) will be at the BACC on the **second Monday** of each month from 10:00 am– 12:00 pm. Please stop by to address any questions or concerns or to just talk.

**Mon. May 12 10:00 am– 12:00 pm**  
**Mon. June 9 10:00 am– 12:00 pm**

## Representative Steven Xiarhos-



In order to provide better access, Steven Xiarhos, Massachusetts State Representative for the 5th Barnstable District (Precincts 10, 11 & 12 in Town of Barnstable) will be at the BACC on the **last Friday** of each month from 9:00– 10:00 am. Please stop by to address any questions or concerns or to just talk.

**Fri. May 30 9:00 am– 10:00 am**  
**Fri. June 27 9:00 am– 10:00 am**

For a list of **Commonly Requested Resources** or **Support Services & Groups**, please see Samantha at the Front Desk.

## MEALS & NUTRITIONAL SUPPORT:

**Barnstable COA– Brown Bag Program-** For information, call Mary Taylor at (508)862-4750, ext. 4759

**Cape Cod Family Table Collaborative**  
<https://acfcapecod.com>

**Cape Cod Hunger Network-** For local nutritional support, [www.capecodhungernetwork.org](http://www.capecodhungernetwork.org)

**Cape & Islands Veterans Outreach Center**, 223 Stevens St, Hyannis. Pantry open to Veterans only, weekly on Thursdays, 9 am– 6 pm

**Faith Family Kitchen Meals**  
Faith Assembly of God  
154 Bearses Way, Hyannis  
Mon., Wed. & Fri.  
5:30– 6:30 pm

**Family Pantry of Cape Cod**, 133 Queen Anne Rd, Harwich. Food distribution on Tues, Wed, Thurs

& Sat. Provide food to anyone in need. Welcome to return every 10 days. Clothing also available. Call (508)432-6519

**First Baptist Church Pantry**, 487 Main St, Hyannis. Open Tuesdays 9 am– 12 pm

**Meals on Wheels**  
Elder Services of Cape Cod & the Islands. Home delivery of free meals to older adults over 60. Call **508-394-4630** to make referral.

**St. Vincent De Paul Food Pantry at St. Francis Xavier Church**– 21 Cross St., Hyannis, Open Tuesdays & Fridays 10 am– 12 pm

**Salvation Army Pantry & Soup Kitchen**, 100 North St, Hyannis  
**Office & Social Service hours-** M– F 9 am– 4 pm  
**Pantry hours-** M– F 10 am– 11:30 am  
**Soup Kitchen hours-** M– F Breakfast– 8:30– 9:30 am Lunch– 11:30 am– 12:15 pm

# COMMUNITY RESOURCES

## Elder Services of Cape Cod & the Islands



68 Rte. 134, South Dennis  
(508)394-4630

Not-for-profit providing community-based elder services.

## CORD- Cape Organization for Rights of the Disabled-

765 Attucks Ln., Hyannis  
(508)775-8300



CORD is a non-profit organization that advances independent living and the rights of people with disabilities on Cape Cod & Islands.

**TOPS** is a nonprofit, noncommercial wellness organization, TOPS has helped millions to **Take Off Pounds Sensibly** since 1948. The BACC chapter formed in 2017 and, since then, we've made friends as we've lost pounds. If you've struggled with your own weight or weight-related health issues, join us! For more information, please contact **Robb at (508)258-9284** or drop in on a **Thursday 9:30 am meeting at the BACC.**



Real People.  
Real Weight Loss

## Community Action Committee -

"Helping people help themselves."

Services for low-income individuals and families to attain and retain independence and self-sufficiency. A number of services available, including:



**SNAP OUTREACH PROGRAM** - If you need assistance with SNAP/ Food Stamp application or recertification.

**ACCESS TO HEALTH INSURANCE/ MASS HEALTH** - Certified MA. Health Connector Navigators assist with applying, renewing, selecting plan and enrolling in Health Connector or MassHealth and Dental insurance plans.

(508)771-1727  
372 North St., Hyannis

## Cape Cod Regional Transit Authority



**Fixed Route Service**— Operates Mon– Sat., Hourly service most routes, flag down service Seniors/ Disabled \$1.00, Adults \$2.00

**Free fare Wednesdays for Seniors over 60**  
**Free fare Fridays for Everyone**

**Dial-A-Ride Transportation (DART)**- Door to door, by appt. Seniors/ Disabled \$1.50, Adults \$3.00

**Boston Hospital Transport**— Operates Mon– Thurs. Fares- \$30.00 round trip, \$15.00 one way

**SmartDART**— Smartphone app, on-demand service

**Toll Free : (800)352-7155 Local : (508)385-1430**  
**TTY: (800)439-0183**

## LGBTQ+ Links



### "The Other Side": A LGBTQ Group-

A meet and greet social group for the LGBTQ community at the BACC. Meeting the second Friday of each month at the BACC  
**F 05/09 & 06/13 10:30– 11:30 am Free**

**June 06– 08- Provincetown Pride Celebration-** Multiple venues, events, parties and pride programming. More info- [ptown.org](http://ptown.org).

**June 13– 15, Lower Cape Pride Weekend.** Festivities begin with a BBQ at the Orleans COA Friday 5:30– 7:30 pm. Parade on Saturday 10:00 am, Main St., Orleans, as well as entertainment and family friendly activities throughout the weekend.

**Cape Cod Trans, Non-Binary, Gender Diverse and Questioning Virtual Peer Support Group-** Fenway Health Violence Recovery Program. Looking for a safe space and supportive peers? Social based drop in group open to all trans and gender diverse persons regardless of gender identity or expression, ages 18+. Group meets on the first and third Wednesdays of the month, 5:30– 7:00 pm, both in person and via Zoom. In person groups typically held at the UU Church, 3330 Main St., Barnstable Village. Call or e-mail Ann in advance to attend: (617)515-6679 or [aburke@fenwayhealth.org](mailto:aburke@fenwayhealth.org).

If you are not currently on the **Cape Cod Pride** mailing list, you may want to consider joining! Cape Cod Pride is **connecting the Cape's LGBTQ Community** with an impressive array of social groups, events and programs. The mission of Cape Cod Pride is to build bridges of understanding, connection and support among the LGBTQ community, its allies and the community at large. Isolation and loneliness have been the most challenging aspects of the past year. Being part of an LGBTQ social group can really be of tremendous help. Go to the **Cape Cod Pride website for more information - [www.capecodpride.org](http://www.capecodpride.org)**

**"PFLAG (Providing Support, Education & Advocacy to Parents, Families, Friends, Allies & Members of the LGBTQ+ Community)** envisions a world where diversity is celebrated and all people are respected, valued and affirmed inclusive of their sexual orientation, gender identity and gender expression." Go to their website and sign up for emails at [www.pflagcapecod.org](http://www.pflagcapecod.org)

**The LGBT Aging Project** is a great resource for health information: [www.fenwayhealth.org](http://www.fenwayhealth.org)

The **Lower Cape LGBTQ Older Adults** is a group of those 55+ who get together to network and meet new friends. They gather for social time, meals, entertainment and activities. They hope you will join them. Like many organizations, their activities changed during the pandemic. Registration is required as they have attendance limits depending on the activity, no walk-ins will be permitted. They are always mask friendly and sometimes they are required depending on current transmission rates and/ or nature of the activity. Contact: Judi Wilson, Director of the Orleans Senior Center & COA, 150 Rock Harbor Rd., Orleans, MA at (508)255-6333 or at [jwilson@town.orleans.ma.us](mailto:jwilson@town.orleans.ma.us).

**OutstandingLife– OutstandingLife** is a virtual online community of LGBTQ+ older adults. Their hope is to help reduce social isolation by providing opportunities to become part of a diverse, inclusive and accepting community where everyone is respected. Learn more at [OutstandingLife.org](http://OutstandingLife.org).

# VETERANS SERVICES

## With Respect, Honor & Gratitude

### Veteran's Services-



**Cape Cod Vet Center**, 474 West Main St., Hyannis. Connection. Camaraderie. Community. Readjustment Counseling for Veterans and their Families. Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives. Contact **(508)778-0124** VBA Reps first Tues. of each quarter from 9:00 am–1:00 pm.

**Heroes in Transition, Inc.**, Assisting Veterans and military families. 22 Bates Rd., Ste. 135, Mashpee, **(508)539-1010** or contact [heroesintransition.org](http://heroesintransition.org)

**Home Base**, National non-profit dedicated to healing the invisible wounds of war through direct clinical care, wellness, education and research: all at no cost to Veterans, Service Members and their families. New England Regional programs. For info: [homebase.org](http://homebase.org)

**Vet Center Call Center**, **(877)WAR-VETS ((877)927-8387)**

**Veterans Crisis Line: Dial 988 then Press 1**

**The Cape & Islands Veterans Outreach Center (CIVOC)**, 247 Stevens St., Hyannis. Connecting veterans, their families and the Cape and Islands community through comprehensive, life-sustaining services and support since 1983. Contact Barbara-Anne Foley, Outreach & Programs Manager at **(508)237-3349**.

**Transportation to Veterans-** (with a true need and no vehicle of their own) by appointment with 48 hours (2 business days) notice given.

Request a ride **(508)778-1590, ext. 9**.

Contact Barbara-Anne Foley, Outreach & Programs Manager at **(508)237-3349**.

**Food Distribution-** weekly on Thursdays from 9:00 am–6:00 pm at the CIVOC location at 233 Stevens St. In order to receive food, former military personnel must bring proof of their veteran status, such as a DD-214 and must meet criteria for assistance as defined by the Emergency Food Assistance Program.

**Veterans Services, Barnstable District**, 66 Falmouth Rd., Hyannis Veterans' Services District Office and its branch offices handle applications for financial and medical assistance, arrange transportation to VA facilities, visit housebound veterans and those in hospitals and nursing homes, advise veterans on community resources, and provide assistance with housing, home loans, education and the full range of veterans benefits. Located at 66 Falmouth Rd., Hyannis. Contact Director Greg Quilty, Major USMC (Ret) at **(508)778-8740** or visit [capevets.org](http://capevets.org)



**Cape & Islands Veterans  
Outreach Center  
Rendezvous Café at BACC**

**Wed. May 28  
Wed. June 25  
9:30–11:00 am**

**Contact Barbara-Anne Foley at CIVOC  
(508)237-3349 to register**

## Veterans Joint Presentation

**Tues. June 10th  
10:30 am–12:00 pm**

Learn about available services including the Vet Center program and how to apply for VA healthcare, how to file claims, chapter 115, and Massachusetts Veterans' benefits. Presentations by the Cape Cod Vet Center, MA. Department of Veteran Services, and the Cape & Islands Veterans Outreach Center.  
Any questions, please call Adam at Cape Cod Vet Center (508)778-0124.



## Memorial Day



Memorial Day is the nation's foremost annual day for visiting cemeteries and memorials to mourn and honor its deceased service men and women who died in the line of duty.

The first national observance of Memorial Day occurred on May 30, 1868. Originally known as "Decoration Day", the holiday was proclaimed by Commander in Chief John A. Logan of the Grand Army of the Republic to honor the Union soldiers who had died in the American Civil War. Official recognition as a holiday spread among states between 1873 and 1890. In 1971, Congress standardized the holiday as "Memorial Day" and changed its observance to the last Monday in May.

The National Moment of Remembrance is an annual event that asks American, wherever they are at 3:00 pm local time on Memorial Day, to pause for a duration of one minute to remember those who have died in military service to the United States.

*On this Memorial Day, let us take a moment to  
reflect on the bravery and dedication of our fallen heroes.  
Their sacrifice will never be forgotten.*



# HAPPENINGS AROUND TOWN



## Hyannis Youth & Community Center 141 Bassett Lane, Hyannis

Annual membership- \$20 Residents/  
\$40 Non-residents or \$5 for a daily/ guest pass.

Ask about discounted Family Memberships! Benefits include unlimited use of Walking Track 8:00 am– 8:00 pm daily; use of Gymnasium and Game Room during scheduled hours. All proceeds from memberships stay within the HYCC; so members can take pride that they are helping support the amenities that they enjoy.



## Barnstable Golf



### One Membership. Two Great Courses

Barnstable Golf oversees **two great Cape Cod public golf courses** in the town of Barnstable, MA.

The **18 hole par 71 at Hyannis Golf Course** provides fun, hilly terrain, with many elevated tees and greens. Located at 1800 Rte. 132, Hyannis. **(508)362-2606**

The **18 hole par 71 at Olde Barnstable Fairgrounds Golf Course** in Marstons Mills offers an open and walkable layout, with receptive, bunkered greens. Located at 1460 Rte. 149, Marstons Mills. **(508)420-1141**

We are open to the general public. Non-residents are welcome to join as members, or to book a tee time and see what everyone is talking about. **barnstable.golf**  
**We can't wait to see you!**

## Town of Barnstable Age Discrimination Resources



If you feel that you have been unlawfully discriminated against in housing, education, employment, public accommodation, town or county services, banking or credit **based solely upon your age**, please contact Theresa M. Santos. Ms. Santos is the Town of Barnstable liaison to the Barnstable County Human Rights Advisory Commission. This Commission provides the public with an outlet for identifying and addressing human rights concerns, including unlawful discrimination, within Barnstable County and, where possible, assisting in the resolution of complaints. All communication with Ms. Santos is confidential.

Contact: **(508)862-4658**  
or **theresa.santos@town.barnstable.ma.us**

## BEACH STICKERS -



Below are the options by which you can obtain a 2025 Parking Permit. Please be advised that Parking Permits are no longer being issued in person. **However, permit applications are available at the Hyannis Youth & Community Center (HYCC) and the BACC, if you are unable to print the application.**  
**Cost- \$50 for resident, \$25 handicap permit.**

**Online:** Beach stickers may be purchased online by logging into <https://barnstablema.viewpointcloud.com/categories/1089> and following the instructions to purchase your permit(s).

**By Mail:** Mail-in applications can be downloaded from townofbarnstable.us the link: <https://www.town.barnstable.ma.us/Departments/Recreation/Beach-Stickers.asp>

**HYCC Drop Box:** Completed forms can be placed in the drop box located outside the front door of the HYCC or at the BACC front desk. As noted, permit applications may be picked up at the HYCC or the BACC.

## TRANSFER STATION STICKERS -

For July 1, 2025– June 30, 2026 is required as of July 1. Stickers can be purchased on line, by mail or at the Barnstable Transfer Station & Recycling Center, 45 Flint St., Marstons Mills. Cost last year was \$335, but there may be an increase in the coming year. If low income, you can file a financial aid application for a reduced rate sticker.

## DOG LICENSES -

The Town's dog license program now runs per calendar year. Fees for 2025– Spayed/ Neutered: \$10.00, Non-spayed/ neutered \$13.00. All dogs older than six (6) months are required to obtain a license. Dog licenses can be purchased online, by mail or in-person at Town Hall, Town Clerk's Dept., 367 Main St., Hyannis or at the Marine & Environmental Affairs Office, 1189 Phinney's Ln., Centerville.

**\*\*\*Reminder- Dogs are not permitted on Town of Barnstable beaches from May 15th through September 15th.\*\*\***

## RECREATIONAL SHELLFISH PERMITS -

Permits can be purchased via online, mail in or in person. For more information, please go to:  
<https://barnstablema.lynxlog.com/ndr/menu.php>  
Senior (Over 65) Resident Permit- \$30  
Senior Veteran Permit- \$30  
In person at the Marine & Environmental Affairs Office, 1189 Phinney's Ln., Centerville.

**If you need assistance with completing any applications, please feel free to contact Outreach Services or inquire about assistance when at the BACC.**

# HAPPENINGS AROUND TOWN

## Attention Hyannis Residents



### Town of Barnstable Greening the Gateway Cities Grant Program

The Town of Barnstable was awarded a grant through the Greening the Gateway Cities Grant Program to plant 2400 trees in the community's Environmental Justice areas. All properties within the Planting Zone including private property owners, are eligible to sign up for **free trees**. By increasing the tree canopy the community will realize numerous benefits including beautification of neighborhoods, school and public places, improved air quality, increased wildlife habitat, reduced noise, and increased shade which will maximize energy savings.



Please visit [GreeningHyannis.com](http://GreeningHyannis.com)  
or call **(774)487-5677**

## Town of Barnstable Marine & Environmental Affairs Dept.



### Fun-filled Clamming Classes for Kids-

Barnstable's Natural Resources Program will offer two FREE shell fishing classes for kids  
Sat. June 28th @ 8:00 am  
Sun. June 29th @ 9:00 am  
Both at the Bridge St. Landing in Osterville.

### Learn to Shellfish Classes 2025 (Open to All Ages)-

Barnstable's Natural Resources Program will offer four FREE shell fishing classes open to the public

Sat. July 26th @ 7:00 am  
Sun. August 10th @ 6:30 am  
Sun. August 24th @ 6:30 am  
Sun. September 7th @ 5:00 pm

Must sign up to participate. Space is limited.

**\*\*\*Sign-up starts by e-mail on May 1, 2025.\*\*\***

You'll be given class location two weeks before class.

For more information, call Natural Resources during office hours Mon- Fri from 8:30 am- 4:15 pm at **(508)790-6272**  
or direct questions/ sign-up via e-mail to [Cecelia.Dunham@town.barnstable.ma.us](mailto:Cecelia.Dunham@town.barnstable.ma.us)

## Cape Cod Baseball League



The Cape Cod Baseball League was formed in 1923 and today is one of the nation's premier collegiate summer leagues. Players from across the US representing all NCAA college divisions are recruited to play in the 10- team league. Teams are located across the Cape in Bourne, Brewster, Chatham, Cotuit, Falmouth, Harwich, Hyannis, Orleans, Wareham and Yarmouth- Dennis. There are annually more than 350 active Cape League alumni playing in the Major Leagues.

The 2025 Cape League opening day is scheduled for Saturday June 14. The 2025 season features a 40- game regular schedule, with the All-Star game on Saturday July 19 at Red Wilson Field, home of the Yarmouth- Dennis Red Sox and playoffs scheduled to begin on Tuesday August 5.

The **Hyannis Harbor Hawks** home games are played at McKeon Park, 120 High School Rd., Hyannis.

The **Cotuit Kettleers** home games are played at Lowell Park, 10 Lowell Ave., Cotuit.

Admission is free, parks are dog friendly and fully accessible. Always a fun time and a great way to spend a beautiful summer evening. 2025 schedule will be posted at the BACC or visit on-line at [www.capecodbaseball.org](http://www.capecodbaseball.org)

## 2025 Household Hazardous Waste Collections at Barnstable Transfer Station

June 28: 9 am- 12 pm

August 23: 9 am- 12 pm

September 27: 9 am- 12 pm

See complete list of disposal items at

[www.loveyourlocalwater.org](http://www.loveyourlocalwater.org)



## Town of Barnstable Disability Commission



The purpose of the Barnstable Disability Commission is to advise and guide the Town of Barnstable and the general public regarding issues of accessibility in accordance with the Americans with Disabilities Act and the Massachusetts Architectural Access Board. In addition, the Barnstable Disability Commission provides information and referral services to residents.

**Contact: (508)862-4694**

## Elder Abuse Hotline

**1-800-922-2275**

Operating **7 days/ week, 24 hours/ day**

MA. Executive Office of Elder Affairs



## Barnstable E-News- Subscribe today!

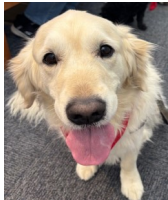
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# FYI... / A NOVEL IDEA

## Companion Animal Program of Cape Cod

The Companion Animal Program of Cape Cod (CAP) provides the comfort and therapeutic support of trained Certified Therapy dogs in hospitals, care facilities, schools, libraries, and other community venues on Cape Cod. CAP currently visits 36 sites on a monthly basis and another 24 sites including libraries across the Cape at various times throughout the year. Our mission is to enhance the quality of life for Cape Cod residents and those of surrounding communities through the provision of pet therapy. For more information please visit our website at [www.companionanimalprogram.com](http://www.companionanimalprogram.com)

CAP is an all volunteer 501 ( c )(3), charitable organization.



Freeman Johnson with CAP members; Mary White & Molly, Boni Heleen & Cooper and Alan Reed & Jeepers.

## A Novel Idea...



### Reading books can lengthen your lifespan, study finds.

A 2016 study published in the journal Social Science & Medicine found reading books can reduce mortality by up to 20%. According to the researchers, "any level of book reading gave a significantly stronger survival advantage", particularly for adults 65 and older who "redirect leisure time" from watching tv into reading books.

'A Novel Idea'... offering book recommendations provided by staff from our local libraries. Happy Reading!

The Riveter by Jack Wang (Sturgis)

The Joy of Connections by Dr. Ruth Westheimer with Allison Gilbert and Pierre Lehu (Cotuit)

Glory Be by Danielle Arceneaux (Whelden)

Malazan Book of the Fallen by Steven Erikson  
How We Learn to Be Brave: Decisive Moments in Life and Faith by Marianne Budde (Osterville)

The Hunchback by Sao Ichikawa  
The New Whole30: The Definitive Plan to Transform Your Health, Habits and Relationships with Food by Melissa Urban (Hyannis)

Mad Honey by Jodi Picoult and Jennifer Finney Boylan  
A House with Good Bones by T. Kingfisher (Centerville)

The Emerald Mile: The Epic Story of the Fastest Ride in History  
Through the Heart of the Grand Canyon by Kevin Fedarko  
The Life Impossible: A Novel by Matt Haig (Marstons Mills)

**Visit your local library today! Staff members are always available to provide reading recommendations if you need assistance.**



### Did you know that your local library will deliver books to your home?

Centerville Public Library (508)790-6220,  
Cotuit Library (508)428-8141,  
Hyannis Public Library (508)775-2280 and  
Marstons Mills Public Library (508)428-5175.

The above noted libraries will deliver within their village. Please call your local library for more information.

## International Firefighter's Day

International Firefighters' Day is celebrated annually on May 4th. It is a day to thank and recognize the dedication and sacrifices made by firefighters who risk their lives to protect our property and lives, honor fallen firefighters, and assist their families. It also creates awareness of the importance of fire safety, fire hazards and prevention.  
Safety First. Always Ready.  
We Thank You!



## National Peace Officers Memorial Day

National Peace Officers Memorial Day is celebrated on May 15th. This day pays tribute to local, state and federal law enforcement officers who have died/ or permanently disabled, in the line of duty for the safety and protection of others. This day also coincides with National Police Week.  
Respect, Honor, Remember.  
We Thank you!



# HAPPENINGS AROUND TOWN & BEYOND

## MAY-

### 05/01- 05/04- NE Regional Parrot Head Convention-

Margaritaville Resort, 1225 Iyannough Rd., Hyannis. Live music, games, vendors and non-stop fun. Cost \$\$

**05/05, 05/12, 05/19- Museum Mondays in May-**Making Mondays fun during the month of May with free admission. See schedule below. Free.

**05/12- 06/13- Cape Cod Art Center Spring National 2025 Open Juried Exhibit & Sale,** 3480 Rte. 6A, Barnstable

**05/17- Sharing Kindness Suicide Walk,** Veterans Park Beach, 480 Ocean St., Hyannis. Check-in 8:30 am. Free.

**05/18- Hyannis Open Streets,** Main St., Hyannis 12:00- 4:00 pm. Family friendly games, live music, giveaways. Walk, run, dance, socialize and play in the street! Free.

**05/23- Harbor Your Arts Artist Shanties: Opening Day-** Hyannis Harbor Overlook, Bismore Park, Ocean St., Hyannis 11:00 am. The shanties are open on weekends only from opening day until mid-June, then every day through late September.

**05/16- 05/26- Rhododendron Festival,** Heritage Museum & Gardens, Sandwich. Acres of gardens, miles of walking trails and museums filled with art. Cost \$

**05/17- Master Gardeners' 26th Annual Plant Sale-** Cape Cod Fairgrounds, West Gate, Rte. 151 & Currier Rd., East Falmouth. 9:00 am- 12:00 pm or until sold out.

**05/23- 05/26- Figawi Race Weekend-** Hyannis/ Nantucket. Race begins Sat. 05/23 at 9:55 am. Good vantage point to see yachts from Kalmus Beach, Keyes Memorial Beach or Sea St. Beach.

**05/24- Operation Flags for Vets, Memorial Day Flag Placement at MA. National Cemetery,** Bourne. Ceremony starts at 10:00 am and flags will be placed at conclusion of ceremony

**05/24- Memorial Day Weekend Block Party at Mashpee Commons,** 11:00 am- 3:00 pm. Live music, kids activities, sidewalk shopping, vendors. Free

**05/25- Mashpee Farmers Market,** Mashpee Commons 11:00 am

**05/25-Cape Cod Cares for Our Troops Annual "Troops in the Spotlight",** behind Cape Cod Mall (enter off Rt. 28) ceremony 11:30 am. All veterans are welcome to participate. Please consider donating care package items.

**05/26- Centerville's Memorial Day Parade,** begins 10:00 am South Congregational Church, Main St.. Free

**05/31- Operation Flags for Vets, Memorial Day Flag Removal Day at MA. National Cemetery ,** Bourne 10:00 am

## JUNE-

**06/06- 06/08- Provincetown Pride Celebration-** multiple venues, events, parties & pride programming. More info- ptown.org.

**06/07- 06/08- A Different Drummer Craft Fairs-** "Mini Fair" will have 20 crafters & artists at the Lemon Tree Village, 1069 Main St., Brewster. Free  
Also on **06/21- 06/22-** 40 artists & crafters set up their tents at the Drummer Boy Park, Rte. 6A, Brewster. Free

**06/13- 06/15- Arts Alive Festival,** Falmouth. A three day celebration of the arts, music, theater and dance. Family friendly activities, food, Free.

**06/14- Cape Cod Baseball League- Opening Day,** Free. Hyannis at Wareham at 6:00 pm  
Cotuit at Orleans at 6:30 pm

**06/14- Taylor- Bray Farm's Spring Sheep Festival,** 108 Bray Farm Rd, Yarmouthport. 9:00 am- 4:00 pm. Sheep herding & sheering, hay rides, demos, sales & refreshments. Parking donation fee.

**06/15- Father's Day Car Show,** Main St. Hyannis. Free

**06/20- Cape Cod Quahog Day,** Blue Water Resort, Yarmouth 12:00- 2:00 pm. Celebrate the first day of summer with "Doug the Quahog". Free

**06/23- 06/30- Monday Painters' Club Show & Sale,** Dennis Village Green, Rte. 6A, Dennis. Original artwork, prints and cards available for purchase. Free.

**06/24- Kids' Tuesdays at Mashpee Commons,** 12:00- 2:00 pm every Tuesday through 08/26 by the Red Balloon Toy Store

**06/27- 06/29- Provincetown Portuguses Festival & Blessing of the Fleet,** Portuguese Square, Ryder St., Provincetown. Music, dancing, games, crafts and food. Events mostly free.

**06/28- 24th Annual Mashpee Community Picnic & Fireworks Display,** Mashpee Middle- High School Athletic Field, 500 Old Barnstable Rd., Mashpee. 5:00- 9:30 pm. An evening of fun & games for whole family. Free

## JULY-

**07/04- Independence Day Parades-**  
**Barnstable Village,** Main St., 9:00 am  
**Centerville,** Main St., 10:30 am  
**Cotuit,** Main St., 11:00 am



**MUSEUM MONDAYS IN MAY**

**WE'RE MAKING MONDAYS FUN DURING THE MONTH OF MAY!**

Visit any of the Cape Cod museums listed below during each Monday in May for FREE!

<b>May 5</b> <ul style="list-style-type: none"><li>• Cape Cod Art Center</li><li>• Cotuit Center for the Arts</li><li>• Sandwich Glass Museum</li><li>• Toad Hall Classic Car Museum</li></ul>	<b>May 12</b> <ul style="list-style-type: none"><li>• Atwood Museum House</li><li>• Captain Bangs Hallet House</li><li>• Eastham Historical Society</li><li>• Falmouth Art Center</li><li>• Wayquoit Bay Ntl. Estuarine Research Reserve</li></ul>
<b>May 19</b> <ul style="list-style-type: none"><li>• Cahoon Museum of American Art</li><li>• Chatham Marconi Maritime Museum</li><li>• Cultural Center of Cape Cod</li><li>• Highfield Hall &amp; Gardens</li><li>• Nye Museum</li></ul>	

Please check each museums website for visitation hours and all information about the museum. For more information go to Cape Cod Museum Trail website: [capecodmuseumtrail.com](http://capecodmuseumtrail.com)

# FYI...

## Disabled Parking- Do's & Don'ts-

The Town of Barnstable manages and enforces disabled plate, placard and parking spaces year round on town owned lots and public ways.

A vehicle must have a valid plate or placard to park in a Disabled parking space. The placard must be displayed properly with the expiration date visible for Parking staff to identify. Time limitations during valid parking hours is not applicable.

Important to familiarize yourself with the rules and be respectful of others.

Citations may be issued if placard is not displayed, expired, the expiration date is not visible, or vehicle is parked more than 12 inches within a crosshatch area.

If you have a concern about a possible violation, please contact the Parking Management office at (508)862-4673.

**DO NOT** drive while your disabled placard is hung from your rearview mirror/ displayed. Potentially a \$50 fine.

**DO NOT** let anyone use your placard parking privileges. This abuse is punishable by a \$500 fine, loss of your disabled parking privileges, and a 30-day suspension of your operator's license.

**DO NOT** park illegally. You must obey all parking rules and regulations or be subject to fines imposed.

**DO NOT** park in cross-hatch areas, which are reserved for van ramp/ lift access.

**DO NOT** use your disabled placard/ plate or DV plate parking privileges if you are not entering or exiting the vehicle.

**DO NOT** leave your placard in an unlocked vehicle.

**DO** display your placard while parked in a HP location. It should be hung from your rearview mirror facing towards the front of the vehicle. You may use the privacy sleeve to cover personal information, but sleeve must be removed if so requested by law enforcement.

**DO** park in an HP location when you need to exit the vehicle.

**DO** use your disabled parking privileges in any designated HP location.

**DO** obey all parking rules and regulations.

**DO** lock your vehicle and close windows when using your placard.

**DO** realize that when used and properly displayed, your disabled parking privilege exempts you from parking meter fees in Massachusetts.

Any questions regarding parking in the Town, please contact Interim Parking Manager/ Transportation Coordinator **Terri McDonald at (508)862-4673.**

**Please join us on Thursday May 8th for a Disability Placard Workshop with Michele Ellicks, MA. RMV.**

## **Stamp Out Hunger Food Drive** **Saturday, May 10, 2025**



Every second Saturday in May, letter carriers in more than 10,000 cities and towns across America collect the goodness and compassion of their postal customers, who participate in the NALC **Stamp Out Hunger National Food Drive**— the largest one-day food drive in the nation.

Led by letter carriers represented by the National Association of Letter Carriers (AFL-CIO), with help from rural letter carriers, other postal employees and other volunteers, the drive has delivered more than 1.82 billion pounds of food the past 30 years.

Carriers collect non-perishable food donations left by mailboxes and in post offices and deliver them to local community food banks, [pantries and shelters. Nearly 1500 branches in all 50 states, the District of Columbia, Puerto Rico, Guam and the Virgin Islands are involved.

The United States Postal Service, National Association of Letter Carriers, National Rural Letter Carriers' Association, AFL-CIO, United Way, Vericast, Valpak Direct Mailing Systems, CVS Health, Kellogg's and United Food and Commercial Workers International Union are all supporting this year's Stamp Out Hunger food drive.

To donate, just place a box or can of non-perishable food next to your mailbox before your letter carrier delivers mail on May 10th. The carrier will do the rest. The food will be sorted and delivered to an area food bank or pantry, where it will be available for needy families.

One in ten Americans face hunger every day in America. This drive is one way you can help those in your own city or town who need help.

## **Older Adult Lobby Day**

**"We Are Here"**

**Tuesday, May 13, 2025**

**11:00am to 2:00pm**



**Click here or scan QR code to register!**



**Massachusetts State House  
The Great Hall**

**11:00 Registration and Refreshments  
11:30 Featured Speakers  
12:30 to 2:00pm Legislative Office Visits**





**Barnstable Adult Community Center**  
**Barnstable Council on Aging**  
825 Falmouth Road  
Hyannis, MA 02601

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**PLACE  
MAILING LABEL HERE**

**Hurricane season begins on June 1st. Make a plan. Be prepared!**

## HURRICANE PREPAREDNESS



**MAKE A PLAN**



**SECURE DOCUMENTS**



**STAY INFORMED**



**BUILD A KIT**



**FILL UP YOUR CAR**



**PREPARE GROCERIES**



**CHARGE DEVICES**



**SEEK SAFE SHELTER**