

THRIVE

Magazine of the Barnstable Adult Community Center

ENGAGE • ENRICH • EMPOWER



March/ April 2026

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No cloud is ever in the same place. Each day is a new masterpiece.

BARNSTABLE COUNCIL ON AGING • 825 FALMOUTH ROAD • HYANNIS, MA 02601

CENTER INFORMATION

About Us | Stay in Touch! | Thrive | COA Staff Directory



MARCH/ APRIL 2026

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

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

CONSTANT CONTACT- Stay connected with the happenings at the BACC. Sign up for Constant Contact today and receive e-mails keeping you in the know for special events and happenings. Contact **Maureen Vetter** at (508)862-4750 ext. 4754 or e-mail **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. 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

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***Cover quote by Sanober Khan



May you and all beings be well, happy and at peace.

#WalkForPeace



MESSAGE FROM THE DIRECTOR, KELLY HOWLEY



Hello All-

Spring is just a few weeks away, what a welcome sight it will be after the good old-fashioned cold and snowy winter we experienced this year! It will be so nice to see green again in nature and at our upcoming BCOA Saint Patrick's Day Celebration! We have a fun event planned for you with great music, food and company, be sure to sign up soon as this event will fill up quickly.

It was a busy winter at the BACC with lots of great programs, lectures, new exercise classes, fun painting classes, coffee with Barnstable Police, Respite & Caregiver programs, Digital Cafes, Safety Talks and a Valentines Party with Music Bingo and a caricature artist creating portraits, were some of the favorites. Local students from two different schools and some local residents, created and donated special Valentine cards and placemats for our patrons and Meals on Wheels consumers. They were beautiful and appreciated by all!

In February we were able to expand our Transportation Services by adding Monday and Friday to our weekly van routes. We have been rebuilding our transportation services for a few years and are thrilled to be able to offer five-day a-week COA transportation services again. We have also resumed monthly COA van rides to Market Basket and Walmart. If you need a ride to the grocery store, the BACC, appointments or just want to try out our van service and take a break from the traffic or weather, our friendly van drivers are happy to take you where you need to go. Please call Jen at the BACC to book your ride.

Our collaboration with AARP for non-cost Tax Preparation Services continued this year. This collaboration made it possible for us to book over five hundred (500) appointments between the BACC and the Osterville Library. Thank you to AARP and their amazing volunteers and to our hard-working staff members that helped to make this happen!

All of this took place over the winter months while the BACC simultaneously received some much-needed repairs. Last year the BACC experienced major flooding on both floors of our building after a pipe burst that left several programming rooms, public areas and parts of our staff wing uninhabitable. Those repairs have now been completed. We are grateful to the Structures and Grounds Division for all their assistance and hard work to get our building fully operational again. We have some additional building projects on the horizon in 2026, but they will be minor and shouldn't impede programming for any length of time.

April is National Volunteer Appreciation Month, and we would like to extend our sincere gratitude to all of our wonderful volunteers for all they do for us and our patrons. Our BCOA Team would not be able to do all that we do, without the help of so many selfless volunteers that share their time and passion to give back to the community each day!

Be sure to read on and mark your calendars for all the great programs, classes and events we have lined up for you this spring. All of us here at the BACC look forward to seeing you soon!

Be Well,

Kelly



*May your troubles be less
And your blessings be more
And nothing but happiness walk
through your door*



**Don't forget Daylight Savings begins on
Sunday March 8th at 2:00 am**

Daylight Savings Time was originally implemented to increase evening daylight hours, saving energy during World War I, and later extended to provide more recreational time in the evenings.
Time to enjoy some outdoor activities!

COA BOARD | REGISTRATION INFO

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

March 18 and April 15 from 9:00– 10:00 am

Please feel free to join us!

If you are a resident of Barnstable and looking for an opportunity to get involved, please consider submitting an application, linked on Town website. The appointments committee, made up of five Town Councilors, will interview applicants and make recommendations to the Town Council who vote to appoint members at their regular meetings.

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. 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. 4754
or e-mail Maureen.Vetter@barnstable.gov

HAPPENINGS AROUND THE BACC



BLOOD DRIVE
at the BACC
Tues. 04/28
11:00 am– 3:00 pm

Local blood drives are essential for maintaining a safe, and readily available blood supply for local hospitals, with each donation potentially saving up to three lives.

Looking ahead to May/ June programming...



- Adaptive Gardening workshop with Country Gardens
 - Turtle Talk & Turtle Release
- Patriotic cupcake decorating workshop
- Where Did They Go? A Look Back at our Favorite MA. Retailers with Nancy Franks
- Decoupage Workshop with oyster shells
 - Tech Café– check your local library

And much more! We look forward to our beautiful Cape summers so we can get back outdoors. But please be sure to check out the wonderful programs here at the BACC and join 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 Now Rolling

Mon, Tues, Wed, Thurs & Fri

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

Better Together Café (formerly known as 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**



Town of Barnstable Dog Policy

Effective immediately, only service dogs that are trained to assist people with disabilities will be permitted at the Barnstable Adult Community Center.

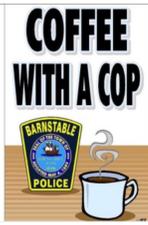
This is a required directive from the Town of Barnstable Board of Health, since we are a licensed food establishment.

This directive also includes outdoor patio areas. Please note that emotional support animals and pets **do not** qualify as service dogs.

Please note that this is not a new regulation but was brought to our attention and needs to be enforced at our facility.

We apologize in advance for any inconvenience.

HAPPENINGS AROUND THE BACC



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

Coffee with a Cop

Wed. March 4
Wed. April 1

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.

Thank you to The Pavilion Rehab & Nursing Center for providing refreshments.

Independence House Abuse in Later Life Program-



Independence House offers specialized services for victims of domestic and sexual violence age 50 and over. Services include specialized support groups, safety planning and coordination and collaboration with organizations and agencies who are also serving older adults.

Abuse in later life, also known as Elder Abuse, is often invisible, yet it is a growing problem which touches millions of older individuals of all races, cultures, sexual orientations, social classes, geographic areas and faiths. Drop in and meet Freddi Chapman, Senior Trauma Specialist for Survivors of Homicide Victims Program

3rd Tuesday of each month
03/17 & 04/21 from 10:00am- 12:00 pm

24-hour Hotline: 800-439-6507



To learn more about the Town's 30-year Comprehensive Wastewater Management Plan (CWMP), please visit

barnstablewaterresources.com.

or join us on Wed. 03/18 at 1:30 pm (see pg. 13)

Monday Movies- Join us on **Mondays-** March 2nd through April 27th at 1:00 pm. **(BACC closed 04/20)**

Friday Classic Flix- **They don't make them like they used to!** Join us on **Fridays-** March 6th through April 24th at 12:00 pm.

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



CLUBS- New participants always welcome!

Artists

Fridays 9:00 am-12:00 pm

Duplicate 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



The **Sunshine Crafters** meet on Fridays from 1:00- 4:00 pm.

And the **Crafty Ladies** meet on Tuesdays from 10:00 am- 12:00 pm.

Handmade items are back in one display case off BACC lobby area. Anyone interested in purchasing an item **must do so directly from the crafters, not from BACC staff, during days & times.**

ENRICHMENT PROGRAMS

Art | Language | Dance | Exercise

Incident Weather Policy-

If the Barnstable Public Schools are closed due to incident weather, classes, events, and transportation at the BACC will be canceled, but the center will remain open, unless Town offices are closed. If the schools open two hours late, our programming also begins two hours late and programming during those early hours is canceled.

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 emailed to you, so you may purchase your supplies before the first class.

Instructor: Susan Carey

Th 03/05- 04/02 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 emailed to you, so you may purchase your supplies before the first class.

Instructor: Susan Carey

Th 03/05-04/02 12:30- 2:30 pm \$62.50

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

Based on the Vaganova Russian method, this adult classical ballet class features both barre and center work, focusing on balance, coordination, musicality and the joy of movement. Engaging both the body and the mind, ballet is beneficial for dancers of all ages. **No class 03/17, 03/24**

Instructor: Catherine Johnson

Tu 03/03-04/28 12:15- 1:15 pm \$42

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 04/20**

Instructor: Kim Benton

M 03/09- 04/13 9:30- 10:30 am \$36

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! **No class 03/17**

Instructor: Maria Zombas

Tu 03/03- 04/21 11:00 am- 12:00 pm \$42

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.

Instructor: Marcia Raftery

W 03/11- 04/29 10:00- 11:00 am \$48

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 04/20**

Instructor: Marcia Raftery

M 03/09- 04/27 10:15- 11:15 am \$42

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 03/12- 04/30 10:00- 11:00 am \$48

Zumba Gold with Rita- A low impact, fun filled cardio fitness program that combines latin-inspired and international tunes. Great for Beginners or music lovers of all ages and fitness levels! **No class 04/20**

Instructor: Rita Vazquez- Torres

M 03/09- 04/27 10:45- 11:45 am \$42

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.

Instructor: Holly Silva

F 03/13- 04/24 8:45- 9:45 am \$42

Restorative Matwork- 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 matwork series is based on the principles of Joseph Pilates. Bring a mat, thera-band, towel and tennis ball.

Instructor: Holly Silva

Th 03/12- 04/23 8:45- 9:45 am \$42

ENRICHMENT PROGRAMS

Fitness | Yoga | T'ai Chi Chih | QiGong | Healing Sounds

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 03/06, 04/03, 04/20**
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 03/11– 04/29 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 03/26**

Instructor: Cindy McNeely

Th 03/12– 04/30 1:00– 2:00 pm \$42

Th 03/12– 04/30 2:00– 3:00 pm \$42

T'AI CHI CHIH & QIGONG-

T'ai Chi Chih—Beginner 1

Want to learn how to feel calm in the midst of hectic times? Want to work on your balance? Your blood pressure? Your overall well-being? This class can help you. T'ai Chi Chih is a mindful, moving meditation. The 19 movements are soft and flowing. They are designed to exercise, balance, and strengthen the intrinsic energy, the chi within us. This beginner class will start you on your way by teaching half of the movements. It will include a short practice at the end of each class.

Instructor: Debby McLister, Acc. TCC Teacher

W 02/04– 03/25 2:15– 3:45 am \$48

T'ai Chi Chih– Intermediate

Have you just been introduced to all the moves and Cosmic Consciousness Pose? Or maybe you're an old hand at T'ai Chi Chih who wants to get more Chi going? More warm hands? More flutter? Would you like to feel the CHI move through you with Polarity, Circularity, and Grounding in the soles of the feet? Would you like to continue to achieve a heighten cont.

TCC– Intermediate cont.

awareness of yourself? This course is for you. We will be refining all the moves. We will also spend time with the six Principles of T'ai Chi Chih with some special attention to Softness and Continuity.

Instructor: Debby McLister, Acc. TCC Teacher

Th 03/05– 04/30 9:15– 10:45 am \$54

Chair T'ai Chi Chih

Seated T'ai Chi Chih is a powerful variation of the standing practice of moving meditation. Regular practice will lead to increased vigor and flexibility, improved balance and mobility, and a strong sense of confidence while walking and standing. This practice can be easily done at home with gentle, easy-to-learn movements. Many individuals have successfully utilized seated T'ai Chi Chih to prepare for medical procedures and aid in the healing of both the body and mind. This practice is open to all. **No class 04/20**

Instructor: Bruce Childs, Accredited TCC Teacher

M 03/09– 04/13 2:00– 3:00 pm \$36

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 04/20

Instructors: Bruce Childs, Debby McLister, Bonnie LeBlanc, Richard Nocella, Accredited TCCs

M 03/02– 04/27 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 04/28– 06/02 2:00– 3:15 pm \$36

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 03/25 & 04/29 2:00– 3:00 pm \$5 ea.

ENRICHMENT PROGRAMS

Mindfulness | Health & Well-Being | Hearing Clinics

MINDFULNESS-

Mindfulness & Meditation

Five week program. Learn the basics of our human stress response, and more importantly, how mindfulness can help us find moments of peace even during that stress. Anyone who can breath can learn to practice mindfulness. The program will start with a short Power Point presentation explaining how we react to stress. Then you will learn how mindfulness can benefit your natural reactivity by engaging in simple mindfulness practices.

Instructor: Adam Liss, Lotus Calm, LLC

M 03/16- 04/13 12:30- 2:00 pm \$45

HEALTH & WELL-BEING-

March is National Kidney Month- Kidney health focusing on kidney disease, prevention, and treatment including dialysis treatment.

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

W 03/11 10:00- 11:00 am Free

Mental Health is Public Health- This presentation highlights the importance of mental health and emotional well-being in older adults. It explores how depression and social isolation can impact physical health, independence, and quality of life. Attendees will learn to recognize common signs of depressions and isolation, discover practical ways to stay socially connected, and find out how and where to seek support and community resources.

Presenter: Francesca Gonnella, MPH, CHES, Care Resource Coordinator/ Reportable Disease Case Investigator, Health & Environ., Barnstable County

Th 03/19 9:30- 11:00 am Free

Observation vs. Inpatient Hospitalization What is the difference and why does it matter? How does it affect your need for home vs. rehab. Preparation for an unexplained hospitalization.

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

W 04/08 10:00- 11:00 am Free

Tick Talk- Staying Tick Smart on Cape Cod- This presentation is designed to help you protect yourself and your family from ticks. This session covers the types of ticks commonly found on Cape Cod, the diseases they can carry, including Lyme disease and Alpha-Gal Syndrome, and where you're most likely to encounter them. You'll also learn practical prevention strategies, including clothing treatment options like permethrin and proper tick removal techniques.

Presenter: Francesca Gonnella, MPH, CHES, Care Resource Coordinator/ Reportable Disease Case Investigator, Health & Environ., Barnstable County

Th 04/16 9:30-11:00 am Free

The Power of Nutrition: Enhancing Wellness as You Age

This is a four 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.

Presenter: Tara Hammes, RDN. MCOA

W 03/18 Examining the New Food Pyramid (and other tools)

Th 03/26 Sugar

Tu 04/07 Oral Health

Th 04/16 Nutrition Labeling



Massachusetts Councils On Aging

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 03/11 & 04/08 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 03/18 & 04/15 12:00 pm- 2:00 pm Free

ASK THE NURSE

**Barnstable Town Nurse
Peg Stanton**

every Wednesday 9:00- 11:00 am

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



BLOOD PRESSURE CLINIC

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

March 17

April 21

9:00- 11:00 am



VISITING NURSE ASSOCIATION
OF CAPE COD
Member Cape Cod Healthcare

SUPPORT GROUPS, UKULELE & TECH

BETTER BREATHER'S CLUB-

The support group provides a welcoming space for persons with chronic lung diseases, family members, friends and support persons to learn about chronic lung diseases, disease management and share their lived experiences. Better Breathers Club members learn better ways to cope with lung conditions such as COPD, pulmonary fibrosis, lung cancer and asthma while getting the support of others in similar. The group meets the **2nd Thursday** of each month.

Facilitators: Jenny Williams & Diane Palombo, The Pavilion Nursing & Rehab Facility

Th 03/12 & 04/09 9:30- 10:30 am Free



Independence House- Abuse in Later Life Program-

Services for victims of domestic and sexual violence age 50 and over. Services include specialized support groups, safety planning and coordination and collaboration with organizations and agencies who are also serving older adults. Meets the **3rd Tuesday** of each month. See additional info on page 7.

Facilitator: Freddi Chapman, Senior Trauma Specialist for Survivors of Homicide Victims Program

Tu 03/17 & 04/21 10:00 am- 12:00 pm Free



PARKINSON SUPPORT GROUP-

For individuals with a diagnosis of Parkinson's, a family partner is also welcome. The group provides a space for those affected by the disease to connect, share experiences, ask questions and support each other. Group will meet on the **4th Thursday** of each month. For additional information, contact the APDA Information and Referral Center at 617-638-8466 or Maureen Vetter at 508-862-4750, ext. 4754. This group is sponsored by the APDA MA Chapter.

Facilitator: Charlene Chadwick, RN

Th 03/26 & 04/23 10:00- 11:30 am Free



SIGHT LOSS SUPPORT GROUP-

Geared towards helping to reduce the fears and isolation caused by the onset of vision loss and toward helping to simplify the mechanics of daily living. Helps those losing their sight to cope with the loss and the challenges it carries. Meets the **2nd Thursday** of each month.

Facilitator: Jackie Matrianna & Martha Person

Th 03/12 & 04/09 11:00 am-12:30 pm Free



**Sight Loss Services, Inc.
Cape Cod & Islands**

***See [Caregiver Support Programs](#) on page 19.

Ukulele -



Ready for Prime Time

Players- (formerly Beginner 1)

Must know these chords- F#m, Bm, Em, Dm, Bb, Bb7, B7. (No true beginners in class) Working on Irish tunes until March concert then Beatles tunes.. (\$5 book fee)

Instructor: Cathy Hatch

Th 03/05- 04/09 9:00 -10:00 am \$36

Strumming & Instrumentals- (formerly Beginner 2)

Working on two Irish instrumentals and continue on finger picking. (\$5 book)

Instructor: Cathy Hatch

Th 03/05- 04/09 10:15- 11:15 am \$36

Not Ready for Prime Time Players- (formerly Absolute Beginner) Not for absolute beginners- players should be able to play 3 and 4 chords songs This class will work on learning some Irish tunes and new chord progressions. Beginner book. (\$5 book fee)

Instructor: Cathy Hatch

Th 03/05- 04/09 11:30 am- 12:30 pm \$36

*** If you are an absolute beginner and interested in a class, please call Maureen Vetter at 508-862-4750 ext. 4754

TECHNOLOGY-

Technology Café Learning Lab- Please join us on the **3rd Friday** of each month from 9:30- 10:30 am. Bring your phones, tablets or laptops for one-on-one or peer support.

Pre-registration required, space is limited. Free

F 03/20 & 04/17 9:30- 10:30 am

Technology Café Learning Lab on the Road-

We are taking our Tech Café Learning Lab on the road and will be available at our local libraries for tech assistance per monthly schedule.

Th 03/26 10:00- 11:00 am Osterville Library

Tu 04/14 10:00- 11:00 am Cotuit Library

Each month there will be Tech Café sponsored program open to all. Check out Special Programs & Events listings on pages 13-15.

All sessions are Free



*Not Everyday is Good,
But There is Something Good
About Everyday*



SPECIAL PROGRAMS & EVENTS

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

Coffee with a Cop– Please join us the first Wednesday of each month for coffee with members of the Barnstable Police Dept. Refreshments provided by The Pavilion Rehab & Nursing Center



W	03/04	9:00 am– 10:00 am	Free
W	04/01	9:00 am– 10:00 am	Free

3D Bird Model Painting Workshop- 3D printed small bird model. Dive into the world of wildlife artistry with our hands- on workshop for beginners and enthusiasts alike. Learn techniques from an expert, receive personalized feedback, connect with fellow artists and take home your own bird model. All supplies are provided. Space is limited.

Instructor: Peter Auger

M	03/09	9:30– 11:30 am	Blue Bird	\$20
M	03/23	9:30– 11:30 am	Blue Jay	\$20
M	04/06	9:30– 11:30 am	Red-Winged Blackbird	\$20
M	04/27	9:30– 11:30 am	Ruby-Throated Hummingbird	\$20

Chair Volleyball- Join us for Chair Volleyball at the BACC! Players stay seated, use a beach ball on a smaller court with a low net, allows multiple hits per side, and restricts spiking, with focus on fun, upper-body fitness, coordination, and social interaction. Bring a water bottle and a sense of humor. If we get good participation, we hope to take it on the road to compete at other local COAs. **No class 03/17**



Tu	03/10– 04/28	10:30– 11:30 am	Free
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Social Security Updates & information Session- There have been many changes that older adults need to know about, including the new appointment only policy, direct deposit change process, scams and the Fairness Act, to name a few. A great opportunity to stay informed and ask questions. Session will be done through Microsoft Teams,. Join us at the BACC to watch.

Presenter: Delia DeMello, SSA Metropolitan Public Affairs Specialist

F	03/13	10:30– 11:30 am	Free
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St. Patrick's Day Luncheon & Entertainment
Tues. March 17
12:00– 2:00 pm

Join us for a Shepherd's Pie lunch and lively Celtic music with Julie Charland & Denya LeVine.

Cost is \$10. Must pre-register as space is limited
Please call (508)862-4750.

Mahjong Lessons– Five (5) week workshop for those who want to learn the game of Mahjong. Participants are required to purchase a Mahjong Card prior to class.



These cards can be found at local stationary stores or online at www.nationalmahjongleague.org.

Instructor: Marjorie Morales

W	03/18– 04/15	10:00 am– 12:00 pm	\$30
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Residential Sewer Connection Workshop

Barnstable Department of Public Works is hosting a Sewer Connection Workshop to help homeowners understand what to expect as sewer service reaches their neighborhood. We'll walk through the residential sewer connection process step-by-step, discuss typical costs, and outline financial assistance programs available to help. Attendees will be provided with the latest Homeowner's Sewer Connection Guide.



Presenter: Kelly Collopy, Ansley Lanier, Chris Gadd, Town of Barnstable DPW

W	03/18	1:30– 3:00 pm	Free
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Understanding The Cloud & Services- Discussion on how Clod services work and the three major Cloud services– Apple, Google, and Microsoft. You will leave with a great understanding of the Cloud! Program sponsored by the BCOA Tech Café.

Presenter: Sarah Canning, Gadgets Made EaZy

Th	03/19	12:00– 2:00 pm	Free
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The Villager's Café- Join us at the new Villager's Café, for a relaxed gathering with friendly faces and good conversation. Enjoy coffee, tea and light refreshments.

Whether you feel like chatting, playing a game or just enjoying the camaraderie, the Villager's Café is the perfect spot to unwind and connect. All are welcome.

F	03/20	9:00– 11:00 am	Free
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F	04/17	9:00– 11:00 am	Free
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Diabetes 101: It's Not Just About Sugar- Learn about this chronic condition, Symptom management, and modifiable lifestyle factors to help you become more informed on ways to proactively navigate your healthcare needs.

Presenter: Lauren Forziati, Public Health Nurse & Certified Community Diabetes Educator, VNA of Cape Cod

F	03/20	10:00– 11:30 am	Free
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Book Club with Massachusetts Center for the Book

Find support from others doing the 2026 Challenge here at the BACC or you can register and do from home on your own. How the challenge works: Choose a book that fits the monthly challenge. After you read it, you fill out a form to tell massbook.org about the book. A fun way to meet new people who love to read. Can visit massbook.org/readingchallenge for additional info.

M	03/23	12:15– 1:15 pm	Free
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M	04/27	12:15– 1:15 pm	Free
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SPECIAL PROGRAMS & EVENTS

Men's Fitness— A six (6) week exercise program aimed to improve fitness and health concerns that affect men as they age. Have fun in a small group setting, build strength and endurance, improve balance and mobility, all while exercising your brain! Advanced registration and a VNA Medical Clearance is required. Please contact VNA Public Health at 508-957-7423, to register. Space is limited, open to all; however, with preference to Town of Barnstable residents. This program is generously sponsored by the MCOA.



Instructor: Nicole Christensen, Exercise Physiologist, VNA of Cape Cod

Tu 03/24– 04/28 9:00– 10:00 am Free

Wood Painting & Crafts with Irene– Rabbit & Flag Heart- Join us in painting a festive Rabbit in time for Spring and an American Flag Heart in time for all our summer patriotic holidays!



Participants should wear or bring an old cover-up shirt. All supplies and items needed to complete the project will be supplied by Irene and included in the class fee. 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 03/24 12:30- 3:30 pm \$25

Tu 04/21 12:30– 3:30 pm \$25

Cathy Hatch & the Cape Cod Ukulele Club ShamROCK Concert- Sing along with Cathy and her crew to Irish tunes, tap your toe or just enjoy! Always a great time!



Th 03/26 1:30– 2:30 pm Free

Navigating Grief: Guidance Through the First Year- Losing a loved one can leave us feeling unsure of how to move forward, especially in the first year. Join us for a supportive presentation designed to help you move through this difficult time with practical tools and compassionate understanding. Topics include recognizing normal grief responses, managing significant dates and anniversaries, caring for your physical and emotional well-being, and finding resources when you need them. All are welcome— whether you are grieving yourself or supporting a friend or family member.

Presenter: Nancy Sorbo, Aftercare Grief Educator, Chapman Funeral & Cremations

M 03/30 1:00– 2:30 pm Free

CCRTA Public Transportation System- The Cape Cod Regional Transit Authority 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. Program sponsored by the BCOA Tech Café.



Presenter: Kathy Jensen, CCRTA

Tu 03/31 10:00– 11:00 am Free

Bladder Health - Join us for an important presentation and a Q & A session that covers the importance of bladder health. This presentation will provide simple strategies that can be used immediately to address bladder dysfunction as well as pro-active strategies to help avoid issues. Given that one in three older adults experience urinary leakage, and that this increases the risk of falls by 26% and fractures by 35%, this information can be especially valuable now and in the future.

Presenter: Kayleigh Little-Parks, MS, OTR/L, Pelvic Health Specialist, Cape Concierge Physical Therapy

Th 04/02 10:00– 11:00 am Free

Opening Day Café- Join us for the Boston Red Sox home opener against the San Diego Padres Pregame festivities. Stop in and watch with friends. Light ballpark refreshments will be served. Game starts at 2:10 pm.



F 04/03 1:00- 3:00 pm Free

Sepsis Awareness & How to Prevent it- Sepsis is preventable if medical procedures are started sooner rather than later. However, the majority of the population does not know about Sepsis or its symptoms. Do you? All age groups are susceptible to Sepsis, it is an equal opportunity disease and killer, and the elderly are more at risk. This is an awareness program that will discuss the stages of Sepsis, how it can affect you and your family, and you will learn the symptoms to seek medical help.

Presenter: Gerry Bedard

F 04/03 9:30– 10:30 am Free

Freeze It! Program— Learn to make healthy meals. Series of 4 classes. ***See page 18 for full details.



Instructor: Kim Concra, MS, LDN, Community Nutrition– Food Safety Specialist/ Cape Cod Cooperative Extension, Barnstable County

Tu 04/07, 04/14, 04/21, 04/28 12:00– 2:00 pm Free

Safe Kayaking Adventures in Barnstable's Waters- Join us for an essential presentation on safely exploring the stunning Three Bays,



Centerville River, Barnstable Harbor, and other local waterways in the Town of Barnstable. This informative session is designed for both seasoned paddlers and those new to the sport. We will cover crucial safety information and best practices tailored specifically to the unique tidal and current conditions of Cape Cod. Topics will include: Understanding Tides & Currents, Essential Safety Gear, Navigating Local Hazards, Weather Awareness, Trip Planning & Communication. This is an excellent opportunity to gain valuable local knowledge, ask questions, and ensure you are prepared for a safe and enjoyable spring and summer on the water.

Presenters: Town Harbor Master Brian Taylor, Town Public Safety Officer James Hurley, USCG Auxiliary Paddle Craft Operator Rick Olsen. USCG Auxiliary Vessel Examiner Tom Broderick

Tu 04/07 2:00– 3:30 pm Free

SPECIAL PROGRAMS & EVENTS

Stories of Fenway Park- Celebrate the Start of Baseball Season! Since opening its gates in 1912, Fenway Park has captivated generations of baseball fans, sports enthusiasts, and historians alike. Nestled in the heart of Boston, this legendary stadium is more than just a ballpark. If you'd like, wear your Red Sox gear and bring along your favorite piece of Fenway Park memorabilia. The presentation will be followed by a Fenway themed raffle.



Presenter: Nancy Franks, Frankly Speaking with Nancy Franks

W 04/08 11:30 am- 1:00 pm Free

The Fall of Nantucket Whaling- Every community has fires and Nantucket is no different. The Great Fire of 1846 not only helped destroy the economy of the Island, but also led to it no longer being one of the whaling capitals of the world. This presentation will speak about the Great Fire and the response for help from the people on Cape Cod. Presentation with artifacts to view followed by time for questions and answers.

Presenter: Robert Kucharavy, Nantucket Historical Society

F 04/10 2:00- 3:30 pm Free

Genealogy 101 Series- Building Your Family Tree!

Interested in your family history? Enroll in this special six session series offered by the Cape Cod Genealogy Society. Topics include- Overview of Genealogical Methods, Immigration & Migration, the Census, Land & Probate Records, DNA for Genealogists, Case Studies: Breaking thru "Brick Walls". Six session series on Tuesdays in April- June.



Presenter: David Martin, Cape Cod Genealogical Society

**Tu 04/14, 04/21,
Tu 05/05, 05/12, 05/26
Tu 06/02 11:00 am- 1:00 pm Free**

Flexibility & Strength for Golf- This fitness class is designed for golfers who want to improve their flexibility, strength and balance while developing the turn and sequencing you need to be successful at golf. If you are going to work out and improve how your body moves, why not combine this with improving your golf game. Golf requires the body to move and rotate in specific sequences to be successful and reduce injuries and pain. Three (3) classes.. **Bring a club and a yoga mat.**



Instructor: Dr. Brianna Lackenby, PT, DPT, OCS, CSCS, Board Certified Physical Therapist

F 04/17, 04/24, 05/01 10:00- 11:00 am \$30

Live Music at the BACC- Please join us for the engaging, crowd pleasing musical entertainment of Frank Whalen, featuring Beatles tunes and much more.



Presenter: Frank Whalen

F 04/17 1:00- 2:00 pm Free

Brain Health- "A Recipe for Life"- Join Richard Rogers of Heart to Home Meals to learn more about brain health and nutrition. Richard was standing in front of a gas oven in his restaurant when it exploded, causing him traumatic loss of memory and cognitive impairment. He dealt with it in a way that made it possible to continue working in his business, doing what he loves best, cooking. Relating his experience in regaining much of his cognitive abilities and memory function, he discusses the latest information on how to improve brain health at any age.

Presenter: Richard Rogers, Heart to Home Meals

Th 04/23 12:30-2:00 pm Free

Soap Making Workshop- Spend your morning surrounded by the comforting aromas as you design and create your own beautiful goat's milk soap- perfect for a little self-care treat. You'll craft a custom goat's milk soap, blending your choice of scents, colors, raw honey, natural oils and dried botanicals. Why goat's milk soap? Gentle, nourishing, and full of vitamins, goat's milk soap is ideal for keeping your skin soft and moisturized.

Instructor: Akvile Bartaseviciute, Hand.The.Light

F 04/24 10:00 am- 12:00 pm \$20

Fire Safety with Hyannis FD- Please join Lt. Dalmau for questions & answers about Outdoor Safety. Safety First!



Presenter: Lt. Mike Dalmau, Hyannis Fire Dept

F 04/24 1:00- 2:00 pm Free

Blood Drive- Blood drives are essential for maintaining a safe, and readily available blood supply for local hospitals, with each donation saving up to three lives.



Tu 04/28 11:00 am- 3:00 pm Free

America Invades Canada! Starring Smallpox & Benedict

Arnold- Early in the Revolutionary War, leaders such as George Washington and Benedict Arnold wanted to add a 14th "American" colony to help win the struggle against Great Britain: specifically Quebec, with its British-ruled French population. Arnold's soldiers endured vicious weather, starvation, and disease, especially smallpox- which darkened the entire War, killing more soldiers than British arms, but was nowhere deadlier than "Arnold's march" through hundreds of miles of wilderness.

Presenter: Greg Williams

W 04/29 11:30 am- 1:00 pm Free

MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Registration Begins! 8:30 am</p> <p>1:00 pm– Movie 1:00 pm– Music & Movement</p> 	<p>3</p>	<p>4</p> <p>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</p>	<p>5</p>	<p>6</p> <p>BROWN BAG</p>  <p>12:00 pm– Movie</p>
<p>9</p> <p>9:30 am– 3D Model Painting Workshop 10:00 am– State Rep Kip Diggs 1:00 pm– Movie 1:00 pm– Music & Movement</p>	<p>10</p> <p>10:00 am– BCOA at Cotuit Library 10:30 pm– Chair Volleyball</p>	<p>11</p> <p>9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:00 am– Health Talks– CenterWell 11:00 am– Hearing Clinic 11:00 am– BCOA Respite</p>	<p>12</p> <p>9:30 am– Better Breather’s Club 10:00 am– BCOA at Whelden Library 11:00 am– Sight Loss Support Group 1:00 pm– Alz. Family Support & Comp Groups</p>	<p>13</p> <p>10:00 am– BCOA at Centerville Library 10:30 am– The Other Side – Meet & Greet 10:30 am– SSA Talk 12:00 pm– Movie</p> 
<p>16</p> <p>1:00 pm Movie 1:00 pm– Music & Movement</p>	<p>17</p> <p>9:00 am– VNA Blood Pressure Clinic 10:00 am– Independence House Support 10:00 am– No BCOA at Sturgis Library 12:30 pm– St. Patrick’s Day Luncheon</p> 	<p>18</p> <p>9 am– COA Board Mtg 9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 10:00 am– Mahjong lessons begin 11:00 am– BCOA Respite 12:00 pm– Hearing Clinic 12:15 pm– MCOA Talk 1:30 pm– Sewer Talk</p>	<p>19</p> <p>9:30 am– TOPS Open House 9:30 am– Better Breathers Club 9:30 am– Mental Health Talk 10:00 am– BCOA at Hyannis Library 12:00 pm– The Cloud Talk</p>	<p>20</p> <p>9:00 am– The Villager’s Cafe 9:30 am– Tech Café Lab 10:00 am– VNA Diabetes 101 Talk 12:00 pm– Movie 1:00 pm– Fire Safety w/ Hyannis FD</p>
<p>23</p> <p>9:30 am– 3D Model Painting Workshop 10:00 am– BCOA at Marstons Mills Library 12:15 pm– Book Club 1:00 pm Movie 1:00 pm– Music & Movement</p>	<p>24</p> <p>9:00 am– Men’s Fitness begins 10:30 am– Chair Volleyball 12:30 pm– Craft w/ Irene</p>	<p>25</p> <p>9:00 am– Ask the RN 9:30 am– ES Caregiver Support Prog 11:00 am– BCOA Respite 2:00 pm– Healing Sounds</p> 	<p>26</p> <p>10:00 am– Parkinson’s Support Group 9:00 am– BCOA at Osterville Library 1:00 pm– Alz. Family Support & Comp Groups 1:30 pm– Ukulele ShamROCK Concert</p>	<p>27</p> <p>9:00 am– State Rep Steven Xiarhos 9:30 am– Tech Café Lab 12:00 pm– Movie</p>
<p>30</p> <p>12:30 pm– Book Club 1:00 pm– Navigating Grief Talk 1:00 pm– Movie 1:00 pm– Music & Movement</p>	<p>31</p> <p>9:00 am– Men’s Fitness 10:00 am– CCRTA Talk 10:30 am– Chair Volleyball 11:00 am– BCOA Respite</p>			

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

APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p>9:00 am- Coffee with a Cop</p> <p>9:00 am- Ask the RN</p> <p>9:30 am- ES Caregiver Support Prog</p> <p>11:00 am- BCOA Respite</p>	<p>10:00 am- Bladder Health Talk</p>	<p>BROWN BAG </p> <p>930 am- Sepsis Talk</p> <p>12:00 Movie</p> <p>1:00 pm- Opening Day Cafe</p>
6	7	8	9	10
<p>9:30 am- 3D Model Painting Workshop</p> <p>1:00 pm- Movie</p> <p>1:00 pm- Music & Movement</p> 	<p>9:00 am- Men's Fitness</p> <p>10:30 am- Chair Volleyball</p> <p>12:00 pm- Freeze It! Series starts</p> <p>2:00 pm- Safe Kayaking Talk</p>	<p>9:00 am- Ask the RN</p> <p>9:30 am- ES Caregiver Support Prog</p> <p>10:00 am- Health Talks- CenterWell</p> <p>11:00 am- BCOA Respite</p> <p>11:00 am- Hearing Clinic</p> <p>11:30 am- Fenway Park Talk</p>	<p>9:30 am- Better Breathers Club</p> <p>10:00 am- BCOA at Whelden Library</p> <p>11:00 am- Sight Loss Support Group</p> <p>1:00 pm- Alz. Family Support & Comp Groups</p>	<p>10:00 am- BCOA at Centerville Library</p> <p>10:30 am- The Other Side- Meet & Greet</p> <p>12:00 pm- Movie</p> <p>2:00 pm- Fall of Whaling Talk</p>
13	14	15	16	17
<p>10:00 am- State Rep Kip Diggs</p> <p>1:00 pm- Movie</p> <p>1:00 pm- Music & Movement</p>	<p>9:00 am- Men's Fitness</p> <p>10:00 am- BCOA at Cotuit Library</p> <p>10:30 am- Chair Volleyball</p> <p>11:00 am- Genealogy 101 starts</p> <p>12:30 pm- Craft w/ Irene</p>	<p>9 am- COA Board Mtg</p> <p>9:00 am- Ask the RN</p> <p>9:30 am- ES Caregiver Support Prog</p> <p>9:30 am- Veterans Café</p> <p>11:00 am- BCOA Respite</p> <p>12:00 pm- Hearing Clinic</p> <p>12:30 pm- Brain Health Talk</p>	<p>9:30 am- Tick Talk</p> <p>10:00 am- BCOA at Hyannis Library</p> 	<p>9:00 am- The Villager's Cafe</p> <p>9:30 am- Tech Café Lab</p> <p>10:00 am- Golf Fitness starts</p> <p>12:00 pm- Movie</p> <p>1:00 pm- Live Music at the BACC</p>
20	21	22	23	24
<p>BACC is closed in observance of Patriots' Day</p> 	<p>9:00 am- VNA Blood Pressure Clinic</p> <p>10:00 am- Independence House Support</p> <p>10:00 am- BCOA at Sturgis Library</p> <p>10:30 am- Chair Volleyball</p> <p>11:00 am- BCOA Respite</p>	<p>9:00 am- Ask the RN</p> <p>9:30 am- ES Caregiver Support Prog</p> <p>11:00 am- BCOA Respite</p> <p>2:00 pm- Healing Sounds</p>	<p>10:00 am- Parkinsons Support Group</p> <p>10:00 am- BCOA at Osterville Library</p> <p>1:00 pm- Alz. Family Support & Comp Groups</p>	<p>9:00 am- State Rep Steven Xiarhos</p> <p>10:00 am- Soap Making Workshop</p> <p>12:00 pm- Movie</p> <p>1:00 pm- Fire Safety Talk</p>
27	28	29	30	
<p>9:30 am- 3D Model Painting Workshop</p> <p>10:00 am- BCOA at Marstons Mills Library</p> <p>1:00 pm- Movie</p> <p>1:00 pm Music & Movement</p>	<p>10:30 am- Chair Volleyball</p> <p>11:00 am- Blood Drive</p> 	<p>9:00 am- Ask the RN</p> <p>9:30 am- ES Caregiver Support Prog</p> <p>11:30 am- America Invades Canada Talk</p>		

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

AGING & CAREGIVING TOOLS

Community Resources- The Barnstable Council on Aging is sharing our community resources for aging in place. The program will cover local agencies, SHINE, caregiver needs, nutritional supports and much more.

Tu 03/03 10:00– 11:00 am Whelden Library

Let's Talk About Memory Training- Overview of UCLA Memory Training Program- What memory is and how it works. Strategies and techniques for some of the most common memory complaints. How to reduce tip of tongue moments, how to reduce your memory burden, your learning style and better memory habits.

Tu 03/10 10:00– 11:00 am Cotuit Library

Getting Your Affairs in Order according to the National Institute on Aging. **Important Papers:** the answer to this question may be different for every family. This program will review basic records which your family may need access to. Remember this is a starting place. You may have other information to add.

F 03/13 10:00– 11:00 am Centerville Library

Memory Loss 101: What is Normal and What is Not- This program will provide an overview of normal aging, age related forgetfulness and serious memory problems. As we age, subtle changes in memory occurs naturally as part of the aging process. However, sometimes these changes occur sooner than anticipated or faster than expected.

Th 03/19 10:00– 11:00 am Hyannis Library

Tu 04/21 10:00– 11:00 am Sturgis Library

Caregiver Connection: After the Care is Over: Recovering from loss, rebuilding your life: join the BCOA for a discussion about regaining your purpose after being a dedicated caregiver.

M 03/23 10:00– 11:00 am Marstons Mills Library

Tech Café- Technology Café hosted by the BCOA, where we'll chat about how technology can help create digital equity. We'll cover the basics of using your devices like iPhones, Androids, tablets and laptops. Feel free to bring your device along, and we'll offer both one-on-one and peer support to help you out.

Th 03/26 10:00– 11:00 am Osterville Library

Tu 04/14 10:00– 11:00 am Cotuit Library

The Basics of Healthy Aging- This program is designed to explore the different factors that influence the process of aging in a healthy manner. While genetics may play a role that is out of our control, research suggests that there are many steps individuals can take to manage their health, maintain independence, and enhance their quality of life as they age.

Th 04/09 10:00– 11:00 am Whelden Library

Caregiving 101: This program will review the vital parts of caregiving including an overview of Dementia, communication tools, the importance of caregiver self-care and the benefits of contented involvement.

F 04/10 10:00– 11:00 am Centerville Library

Be Good to Yourself- Let's Talk About Self-Care- Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important and one of the most often forgotten things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit too.

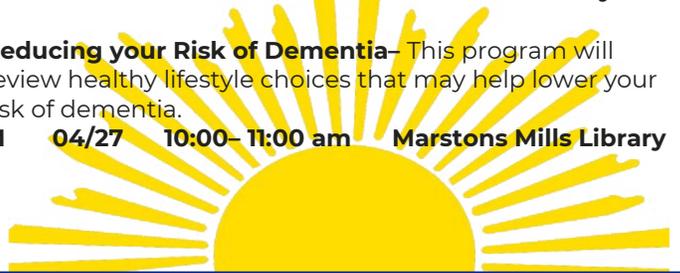
Th 04/16 10:00– 11:00 am Hyannis Library

Brain Booster- A brain enhancement program which involves activities and practices aimed at improving cognitive abilities, memory, and general brain wellness. Such programs may consist of cognitive training exercises, physical activities, and lifestyle changes.

Th 04/23 10:00– 11:00 am Osterville Library

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

M 04/27 10:00– 11:00 am Marstons Mills Library



Freeze It!



Prep it * Cook it * Save it * Serve it

Learn to make healthy meals.

This series of 4 classes will take participants through each stage of the preparation, freezing, and cooking process of flavor packed meals. Practice skills in class and take home a full meal (serves two people).

Freezer meals not only save time, they can also help you save money and reduce food waste. US households lose, on average, 1/3 of food purchases to waste. Reclaim your food with the **Freeze It!** Program. **Cost:** Free

When: Tues. 04/07, 04/14, 04/21 & 04/28
from 12:00– 2:00 pm

Instructor: Kim Concra, MS, LDN, Community Nutrition– Food Safety Specialist/ Cape Cod Cooperative Extension, Barnstable County

To Register Contact: Stacey Cullen at
(508)862-4750 ext. 4765

(Part of the Buy Fresh Buy Local Cape Cod program with funding provided by the Massachusetts Department of Agricultural Resources (MDAR).)

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@barnstable.gov

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. 03/09, 03/16, 01/23, 03/30 No 03/02 1- 2 pm
Mon. 04/06, 04/13, 04/27 No 04/20 1- 2 pm

Live Music at the BACC- Please join the Respite staff for the engaging, crowd pleasing musical entertainment of Frank Whalen, featuring Beatles tunes and much more.

Fri. 04/17 1:00– 2:00 pm Free



BARNSTABLE COA RESPITE 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 March 4 11:00 am– 2:00 pm
Wednesday March 11 11:00 am– 2:00 pm
Wednesday March 18 11:00 am– 2:00 pm
Tuesday March 24 11:00 am– 2:00 pm
Wednesday March 25 11:00 am– 2:00 pm

Wednesday April 1 11:00 am– 2:00 pm
Wednesday April 8 11:00 am– 2:00 pm
Wednesday April 15 11:00 am– 2:00 pm
Tuesday April 21 11:00 am– 2:00 pm
Wednesday April 22 11:00 am– 2:00 pm

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

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@escsci.org.

Facilitator: Laura Cheesman, FCSP Manager ESCC&I
W 03/04– 04/29 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.



Alzheimer's Family Support Center of Cape Cod

Meets the **2nd & 4th Thursdays** of each month. **Call (508)896-5170 for more info or to register.**

Facilitator: Alzheimer's Family Support Center

Th 03/12 & 03/26 1:00– 2:30 pm Free
Th 04/09 & 04/23 1:00– 2:00 pm Free

Caregiver Appreciation Day is March 3rd!

The day aims to honor, appreciate and thank the selfless caregivers who give their time and effort and recognizes their dedication to improving lives, often through challenging, around-the-clock work. You are appreciated!



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-

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

SUPPORT SERVICES / OUTREACH

Be Safe At Home

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 or an emergency contact person, a call will be placed to the police for a well-being check.



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 and are unable to make contact with an emergency contact person, we will send an outreach worker to your home to check on you. A call will be placed to the police for a well-being check, if necessary.



File of Life Magnet- Help rescue workers quickly find important medical information when every second counts. The File of Life card which contains vital personal medical and contact information should be kept up to date and displayed on your refrigerator for easy access.



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



We are now offering limited Notary Public services



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.

The Barnstable Silver Alert Program

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.



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.

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

FYI.... Fuel Assistance-

For those who had Fuel Assistance last year, your green recertification application will likely be mailed to you sometime in August, so be on the lookout.

When you receive your recertification application, gather all the required documents and mail in. If you need assistance with application process, please call Mary Taylor (508)862-4750 ext. 4759 for an appointment.

If you did not have Fuel Assistance last year and want to apply this year, new applications are usually available by the end of October.

Fuel Assistance (FA)-

Support Services continues to assist with Low-Income Home Energy Assistance Program (LIHEAP) applications. Applications are processed through the South Shore Community Action Council, Inc., 71 Obery St., Plymouth, Ma. Eligibility is based on income and benefit amount awarded to eligible households depends on several household factors.



The following documents are needed when applying-

Proof of income for every person in home-

Social Security benefit letter **2025**
Any pension statement
Interest and/ or Dividends statements
Wages
Any other income
If Self-employed- **2024** Federal Tax Return

Housing costs-

Copy of Real Estate tax bill
Copy of homeowner's insurance policy
Copy of Water bill

Utility Costs-

Copy of Heating bill (gas, electric, oil receipt, propane, wood)
Copy of Electric bill

Other Items needed-

Picture ID/ Driver's License
Social Security card (**for every person in home**)
Birth Certificate (**for every person in home**)

Please call **Mary Taylor at (508)862-4750 ext. 4759**, with any questions or to schedule an appointment.



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.

Real Estate Tax Abatement Program/ 41C-

Support Services continues to be available to assist with the Senior Real Estate Tax Abatement / 41C application. **This application must be filed annually.**



Applications for the FY26 can be filed until April 1, 2026.

The following documents are needed when applying-

Birth Certificate (* only for first timers)

Proof of Income-

Social Security benefit statement **2024**
Federal Income Taxes 1040 for **2024**, if filed
Pension statements (1099 form)
All Interest and/ or Dividends statements (1099 form)
Any wages, salaries or income earned in 2024.
Bank statements*- for all accounts

***Must have Dec. 2024 bank statement (or Nov/ Dec 2024 statement) to show interest earned for year, for each account**

Proof of assets-

Bank statements*- for all accounts

***Must have July 1, 2025 bank statement (or June/ July 2025 statement) to show balance on July 1, 2025, for each account**

All Stocks & Bonds statements (must have 07/01/25 date)
CD's and/ or Certificates (must have 07/01/25 date)
Any Real Estate owned other than primary residence.

Please call **Mary Taylor at (508)862-4750 ext. 4759**, with any questions or to schedule an appointment.

House Numbers... It's the Law!

Massachusetts General Law C. 148, S. 59 specifies that every building in the state must have clearly visible address numbers posted.

If your house is more than 100 feet from the roadway, then property must have numbers at the end of driveway in addition to on the house.

Numbers need to be at least three (3) inches in height, visible during adverse conditions or weather and visible in both directions.

Contrasting colors are best for visibility and keep plantings trimmed that might interfere with sightline.

No handwritten or script numbers.

Clearly displayed house numbers allow first responders to find you faster in an emergency.

Contact your local fire department for assistance, if needed.



SHINE | MEDICARE



Medicare Advantage Plans Open Enrollment Period

(MA OEP): For Part C–

runs January 1st– March 31,

with coverage effective the first of
the month after change

You must already be enrolled in a Medicare Advantage (MA) Plan to make change during this open enrollment period. Medicare Advantage Plans combine Part A, Part B and Part D and are known as “Part C”. You must have Part A and Part B to be eligible. It replaces “Original Medicare”. They are run by Medicare approved private insurance companies. They must cover medically necessary services and plans can charge different co-pays, co-insurance or deductibles for these services than costs for Original Medicare.

What can I do?

- If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).
- You can drop your Medicare Advantage Plan and return to Original Medicare. You will also be able to join a separate Medicare drug plan.

What can't I do?

- Switch from Original Medicare to a Medicare Advantage Plan
- Join a Medicare drug plan if you're in Original Medicare.
- Switch from one Medicare drug plan to another if you're in Original Medicare.

Note: If you enrolled in a Medicare Advantage Plan during your initial Enrollment Period, you can change to another Medicare Advantage Plan (with or without drug coverage) or go back to Original Medicare (with or without drug coverage) within the first 3 months you have Medicare.

(Note: “Original Medicare” is Part A (hospital), Part B (doctors) and Part D (prescription drug plan) (and can be supplemented by a private “Medigap” plan.)

Medicare Savings Programs (MSPs)

If your income is below the designated limits, a Medicare Savings Program (MSP) may save you money.

MSPs are not insurance plans. They are programs based on income that help lower your Medicare costs, by assisting with your Part B premium, deductibles, co-pays and prescriptions.

MSPs are always combined with Medicare and do not offer any additional coverage or services that Medicare does not provide.

These programs are administered by MassHealth, but you do not need to be on MassHealth to apply.

Please call to discuss further or to schedule an appointment.

Medicare Savings Programs (MSPs) Renewal applications-

If you have had the MSP you will likely be receiving notice in the mail to complete the MSP Renewal application.

This renewal will now be required to be completed every six (6) months.

This notice will likely arrive in a large **blue envelope**.

The renewal application now requires some additional information.

Please complete application form and mail as directed. If assistance is needed with application, please call.

For **SHINE** questions, appointment or assistance with MSP application, please call

Jacqi Easter at 508-862-4750 ext. 4757

SHINE- Serving the Health Insurance Needs of Everyone

SHINE County Office Is located at the Courthouse Complex, 3195 Main St., Barnstable

SHINE Program Manager, Kristina Whiton-O'Brien



SHINE Project Specialist, Bill Redmond

(508)375-6762

Helpful telephone numbers and websites:

Medicare -
www.medicare.gov
800-633-4227

MassHealth-
800-841-2900

**Social Security-
Local Office–**
**100 Independence Dr., Ste
4, Hyannis 866-467-0440**
www.ssa.gov / **800-772-1213**

Prescription Advantage-
www.prescriptionadvantage.org **800-243-4636**



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**.

VOLUNTEER OPPORTUNITIES

Thank You to All Volunteers!

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

April is National Volunteer month, a month dedicated to recognizing the importance of volunteering and honoring the significant contributions volunteers make by generously donating their time and talents to worthy causes. Give back and make a difference!



The staff at the BACC send a big “Thank You” to all of the volunteers who have assisted us throughout the year! We thank all of our Brown Bag volunteers who assist us monthly and the Cape Abilities staff and clients who deliver faithfully. We thank our Respite program volunteers, the Companion Animal Program and the Hyannis Garden Club members. We thank our Better Together Café helpers. We thank our Turkey Trot and Santa for a Senior delivery drivers, and our special event helpers. We thank our volunteer gardeners who manage the wonderful vegetable garden and flower beds that beautify our grounds. We thank our dedicated volunteer SHINE counselors, the hardworking AARP Tax-Aide volunteers and the ESCCI Meals-on-Wheels drivers who deliver to our Town residents. We thank the Steering Committee and the volunteers of the Barnstable Neighbor 2 Neighbor program for their continued support. We thank the staff at Cape Cod Beer and their patrons for their time and generosity sponsoring the Cape Cod Santa for a Senior program. We appreciate you all!



We Couldn't Do It Without You All!

Please consider volunteering.

Please call Jen Fratus at **(508)862-4750 ext. 4752** to inquire about volunteering opportunities at the BACC.

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, 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 if you are interested in joining BN2N as a member or a volunteer, or call us at **(508)418-9220**.

Companion Animals of Cape Cod-
www.companionanimalprogram.com

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

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

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 a Tax Aide computer is supplied. AARP membership is not required.

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



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. 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 to learn more about this rewarding opportunity.

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

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 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. 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

Compassionate Care ALS

Leading a New Vision in ALS Care Since 1998

Offers an innovative and holistic range of services tailored to meet the needs of individuals with ALS and their families.



17 Chase Rd., Falmouth
(508)444-6775 or at info@ccals.org

Mended Hearts of Hyannis-

Heart Patients Helping Heart Patients. Providing support & education. You are not alone. All are welcome! 3rd Thurs. of month CCH Martin's Conf or Zoom 6:45– 8:15 pm
george.f@capecodmendedhearts.com



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. The RMV offers dedicated senior appointment hours on Wednesdays at select locations.



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

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. March 9 10:00 am– 12:00 pm
Mon. April 13 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. March 27 9:00 am– 10:00 am
Fri. April 24 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

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
Now fare free

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. For assistance call **(508)418-3278**

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 03/13 & 04/10 10:30– 11:30 am Free

Cape Cod LGBTQ+ Senior Friends - www.capecodlgbtqseniorfriend.org

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.

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**

"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

The LGBT Aging Project is a great resource for health information: 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.

VETERANS SERVICES & EVENTS

for veterans & their families

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

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

VA Caregiver Support Hotline: **(855)260-3274**

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

Veterans Crisis Line (VCL): **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. **(508)778-1590**.

Transportation to Veterans- (must be less than 30% service-connected disabled) by appointment with 3 business days notice given. Request a ride **(508)827-0908**.

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. May draw 2x/ mo.

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

Cape & Islands Veterans Outreach Center Rendezvous Café



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

The Marine Corps League Of Cape Cod



Is engaged in volunteer support for our Marine Corps Veterans, scholarships for high school students and Toys for Tots.

Please join our mission.

For info: mcldet125.org

Semper Fi

National Vietnam Veterans Day Luncheon

Join the CIVOC as they proudly honor the brave men and women who served in Vietnam with a complimentary buffet lunch in their recognition and gratitude

Sunday March 29, 11:30 am–2:00 pm

The Auld Triangle, 412 Main St., Hyannis

Please register by calling **Barbara-Anne Foley**
508-237-3349



Legal one-on-one Appointments with Chantal Hayes Rice, Esq.

*** for veterans & their families.

Discussing Power of Attorney, Wills
& Health Care Proxy

Wed. March 4th & Wed. April 15th
9:00 am–12:00 pm

*** Pre-registration required, appointment only, no walk-ins

Call 508-237-3349 to register

VETERANS BENEFIT PROGRAMS-

Chapter 115: Massachusetts veterans, if you are facing financial difficulties, the MA Executive Office of Veterans Services may be able to provide you with financial assistance.

Veterans may be eligible for benefits, which include: daily living expenses, medical costs, rent assistance, support of dependents, and prevention of veteran homelessness.

To help determine your eligibility and see what you may qualify for, [the Mass Vet Benefit Calculator](http://www.mass.gov/info-details/chapter-115-benefitssafety-net-program) on the state's website <https://www.mass.gov/info-details/chapter-115-benefitssafety-net-program> or **call your local VSO, Greg Quilty, at (508) 778-8740 to discuss and apply.**

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 2026 Parking Permit. Please be advised that Parking Permits are no longer being issued in person. **Permit applications are available at the Hyannis Youth & Community Center (HYCC) and the BACC, if you are unable to print the application. Cost- \$55 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 site or are available at the HYCC or BACC. When mailed or dropped off, must include necessary documents and self-addressed, stamped envelope.

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.

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, Resident Permit- \$45

In person at the Marine & Environmental Affairs Office, 1189 Phinney's Ln., Centerville.

TRANSFER STATION STICKERS

For 2026- 2027 is required as of July 1, 2026. Stickers can be purchased online, by mail or at the Barnstable Transfer Station & Recycling Center, 45 Flint St., Marstons Mills. 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 and license renewals are due by January 1st annually. 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.

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**

EARTH DAY / FYI...



Earth Day– April 22, 2026

Since 1970, the 22nd of April has been designated as Earth Day. This day aims to raise awareness and demonstrate support for environmental protections, with many events held around the world. This is a great day to think about ways you can support the cause in your home. Simple, impactful actions like starting a compost bin, planting a native garden, swapping to reusable products (bags, straws, bottles), conducting a home energy audit to switch to LEDs, and reducing food waste. Other actions include skipping meat for a day, cleaning up local, and reducing plastic use.

The theme for 2026 is **“Our Power, Our Planet”**. This focus highlights the global adoption of renewable energy, grassroots organizing and citizen action to protect the environment and combat climate change.

Actionable Tips for Supporting Earth Day at Home-

Waste Reduction: Swap single-use plastics for reusable alternatives, start a compost bin to manage food waste, and use cloth towels instead of paper towels.

Energy Conservation: Replace old light bulbs with LEDs, switch to a green energy provider, turn off electronics when not in use, and hang laundry to dry instead of using a dryer.

Sustainable Living & Gardening: Start a native plant or drought-tolerant garden, eat more plant-based meals and support local farms.

Water Saving: Fix leaky faucets, take shorter showers, and consider installing low-flow fixtures.

Virtual & Educational Activities: Watch environmental documentaries, join online Earth Day events, or use an app for backyard citizen science.

Cleanup & Advocacy: Pick up litter in your neighborhood during walks and email local representatives about environmental concerns.

Download the **My Barnstable App** to receive notifications, access information and view latest updates and more



Barnstable E-News– Subscribe today!

Barnstable eWeekly is the Town of Barnstable's opt-in newsletter delivered to your inbox each Friday. To stay up to date on events, meetings, roadwork notices, village news and more - subscribe today at www.BarnstableEnews.com



Keep Barnstable Beautiful Help make Barnstable a Cleaner, Greener Place to Live, Work & Play

Keep Barnstable Beautiful is a volunteer-led organization that is working to clean up and green up our town in partnership with local municipal leaders, the Barnstable Department of Public Works, and local businesses. Keep Barnstable Beautiful welcome volunteers to get involved with local litter cleanups, assist with helping at the Town of Barnstable recycling station shed, and other beautification projects around Barnstable. If interested in getting involved, please email them at keepbarnstablebeautiful@gmail.com, to join a committee, sign up as a volunteer, or support with a donation.

You can also join their Facebook group or follow on Instagram.

Keep Massachusetts Beautiful was founded in 2014 to help bring these successful programs to towns and cities across the state. Today, 40+ chapters across Massachusetts are making significant improvements in their communities.

Together we all can make a huge difference, **“Keeping Barnstable Beautiful One Village at a Time.”**

Sat. March 7– Community Clean-up Day, meet at the BACC, 10 am– 12 pm. All are welcome!

Enhance the efficiency of your home with support from the Cape Light Compact

As a sponsor of **Mass Save**, the Cape Light Compact has been helping Cape Cod residents reduce energy bills and improve their home's comfort by providing easy access to a no cost home energy assessment.

Call the **Cape Light Compact** at **800-797-6699** to request a home energy assessment. Our Hyannis-based Home Energy Assessment Contractor– RISE, will contact you to schedule a convenient time to meet with a professional Energy Specialist. The Energy Specialist will identify areas in your home that could benefit from energy efficient upgrades.



You cannot get through a single day without having an impact on the world around you.

What you do makes a difference and you have to decide what kind of a difference you want to make – Jane Goodall



FYI... / A NOVEL IDEA



DEA National Prescription Drug Take Back Day April 25, 2026

Improperly disposing of medications, such as flushing them down the toilet or throwing them in the trash, can result in harmful chemicals entering Cape Cod's drinking water supply. Join us in using a safe, convenient and responsible means of disposing of your unneeded medications.

Barnstable Police Dept has a drop box for medications. Sharps can be taken to local Fire Depts.

Every Day is Take Back Day

The following pharmacies in the Town of Barnstable have drop boxes for unneeded medications every day.

CVS Pharmacy, 176 North St., Hyannis

CVS Pharmacy, 1030 Putnam Ave., Marstons Mills
Cape Cod Healthcare Pharmacy (Cape Cod Hospital)
27 Park St., Hyannis

Whole Health Pharmacy, 596 W. Main St., Hyannis
Stop & Shop, 425 Attucks Ln., Hyannis

Protect Yourself from Fraud

P Protect your online accounts. Usernames and passwords should be shared with no one, not even your bank!

A Avoid putting too much personal information on social media. Bad actors use info from public postings.

U Unique and complex passwords will deter most scammers. Two-factor authentication or bio-recognition is ideal.

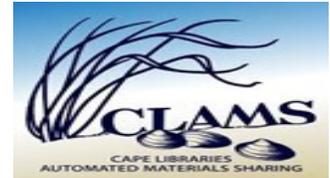
S Slow Down! Scammers will use urgency, secrecy and fear to stop you from thinking rationally.

E Extra care should be taken when clicking links and attachments on email and texts, as fraudsters use them to download malware.

Information provided by 

If you fall victim to a scam, stop all communication, contact your financial institutions, secure your accounts/ assets and report to your local police.

A Novel Idea...



Reading: Fascinating Facts & Surprising Benefits

Reading is not only a pleasurable pastime, but also offers a wealth of fascinating facts and surprising benefits. From the evolution of reading practices to the impact on cognitive health, there's more to reading than meets the eye. For example, reading can improve memory, reduce stress and even enhance empathy.

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

The Last of Earth by Deepa Anappara (Sturgis)

The Birdwatcher by Jacquelyn Michard (Cotuit)

Dark Maestro by Brendan Slocumb (Whelden)

The World's Fair Quilt by Jennifer Chiaverini

Time of the Child by Nial Williams (Osterville)

A Fine Line Between Stupid and Clever: the Story of Spinal Tap by Rob Reiner

Recher The Stories Behind the Stories by Lee Child (Hyannis)

Beautyland by Marie-Helene Bertino (Centerville)

The Writer by James Patterson

Final Orbit by Chris Hadfield (Marstons Mills)

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



Elder Abuse Hotline

1-800-922-2275

Operating 7 days/ week, 24 hours/ day

Elder Services of Cape Cod & Islands

Protective Services

508-394-4630



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

FUN EVENTS & FYI...

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 across the Cape at various times throughout the year. Their 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 their website at www.companionanimalprogram.com CAP is an all volunteer 501 (c)(3), charitable organization.



One Thing Dogs Do Better!

There's one thing that dogs do better than anything on this planet

They celebrate absolutely everything

If you grab your keys, celebration

Open the fridge, celebration

Walk back into the room after being gone for 20 seconds, huge celebration

They don't wait for birthdays or big news or vacations

Dogs treat everyday life like it's worth getting excited about

They wake up happy to be here

They sniff the air like it's a miracle

They chase a ball like they're in the Olympics

They roll in the grass like it's a five-star spa

It's impossible not to smile when you are around that kind of joy

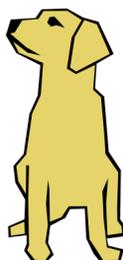
And honestly, I think that's one of the greatest gifts they give us

They remind us that life doesn't have to be perfect to be wonderful

So, if you have a dog right now enjoy the confetti that they throw up in the air over the tiniest moments

That I believe is their way of teaching us to wake up and notice the good stuff

(Author unknown)



March 13: National K9 Veterans Day

April 10: National Hug Your Dog Day

April 11: National Pet Day &

Dog Therapy Appreciation Day

April 29: International Guide Dog Day

April 30: Adopt a Shelter Pet Day &

National Therapy Animal Day

Fun Events in Town & Around

March

Fri. 03/06 & Sat. 03/07– Cape Cod Irish Festival

At the Cape Cod Irish Village located within The Emerald Resort & Conference Center, 35 Scudder Ave., Hyannis. Tickets \$. Call (508) 394-9300



Sat. 03/07– 21st Annual Cape Cod St. Patrick's Parade.

Theme– Heart of a Champion. Dream. Work. Believe. Starts intersection of Rt. 28 and Long Pond Rd. travels along Rt. 28 and ends at Higgins Crowell Rd., 11:00 am.



Sat. 03/07– Keep Barnstable Beautiful

Community Clean-up Day– Help keep Barnstable Clean & Green, 10:00 am– 12:00 pm, meet at the BACC, All are welcome!



Sat 03/21 & Sun. 03/22- 67th Annual Home Garden & Lifestyle Show,

sponsored by the Hyannis Rotary Club. Barnstable High School, 744 West Main St. 9:00 am– 4:30 pm. Admission is free.

April-

Sat 04/04– Annual Meet the Easter Bunny & Egg Hunt

event at Mashpee Commons Central Square, 22 Steeple St. Family– friendly activities, free event. 11:00 am– 2:00 pm



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, 2026

Volunteer Start and End Dates: July 1, 2026 – June 30, 2027

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.

COMMONLY REQUESTED RESOURCES

Alzheimer's Family Support Center-

(508)896-5170 or e-mail info@capecodalz.org

American Red Cross- (508)775-1540

286 South St., Hyannis

Barnstable Housing Authority- (508)771-7222

146 South St., Hyannis

Cape Cod Human Services- Psych. Services-

(508)790-3360

Barnstable Neighbor 2 Neighbor (BN2N)-

(508)418-9220

Barnstable Police Dept. (non- emerg) (508)775-0387

Cape Cod HELP (Medical Equip)- (774)552-2199

1989 Falmouth Rd., Centerville

Cape Cod Hospital - (508)771-1800

Cape Cod Regional Transit Authority (CCRTA)-

Local: (508)385-1430, Toll Free: (800)352-7155

TTY: (800)439-0183

Cape Cod Times Needy Fund- (508)778-5661

Cape Cod Vet Center- (508)778-0214

474 West Main St., Hyannis

Cape Wellness Collaborative- (774)408-8477

Catholic Social Services- (508)771-6771

261 South St., Hyannis

Community Action Committee (SNAP, Mass Health)-

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

CORD (Cape Organization for Rights of the Disabled)-

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

Dept. of Veterans' Services- Barnstable District-

(508)778-8740, 66 Falmouth Rd., Hyannis, capevets.org

Duffy Health Center- (508)771-9599

94 Main St., Hyannis

Elder Abuse Hotline- (800)922-2275

Elder Services of Cape Cod & Islands (ESSCI)-

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

Fire Depts. (non-emerg.)-

Barnstable Fire Dept.- (508)362-3312

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

Fuel Assistance/ South Shore Community Action Council- (508)746-6707, 71 Obery St., Plymouth

Harbor Community Health Center-

(508)778-5420, 735 Attucks Ln., Hyannis

Housing Assistance Corporation (HAC)-

(508)771-5400, 255 Independence Dr., Hyannis

Libraries-

Centerville Public Library- (508)790-6220

Cotuit Library- (508)428-8141

Hyannis Public Library- (508)775-2280

Marstons Mills Public Library- (508)428-5175

Osterville Village Library- (508)428-5757

Sturgis Library- (508)362-6636

Whelden Memorial Library- (508)362-2262

MA. Attorney General's Office- (888)243-5337

TTY: (617)727-4765

Mass Health- (800)841-2900

Mass Hire- (508)771-5627, 372 North St., Hyannis

Meals-on-Wheels (Elder Services of CC & I)

new referrals- (508)394-4630

on-going/ cancellations/ Senior Dining-(508)790-2746

Medicare- 1-800- MEDICARE, (800)633-4227

Registry of Motor Vehicle (RMV)-

(857)368-8005

Salvation Army- (508)775-0364, 100 North St., Hyannis

SHINE- at BACC (508)862-4750

Barnstable Co. Office- (508)375-6762

Sight Loss Services- (508)394-3904

SNAP (Food Stamps)- (800)645-8333

Social Security- local # (866)467-0440

100 Independence Dr., Ste. 4, Hyannis, www.ssa.gov

South Coast Legal Services- (508)775-7020,

460 West Main St., Hyannis

St. Vincent DePaul Food Pantry-(Tu/ Fri, 10-12)

(508)775-3073 (behind St. Francis Xavier Church),

21 Cross St., Hyannis

Suicide & Crisis Lifeline- 9-8-8

Veterans Outreach Center- (508)778-1590

247 Stevens St., Ste. E, Hyannis

WE CAN- (508)430-8111, 127 Airport Rd., Hyannis

Town of Barnstable Safety Phone Numbers



When in doubt call 9-1-1

**Barnstable Police- Non-Emergency Line
508-775-0812**

**Town of Barnstable Storm Line
508-862-4636**

**Town of Barnstable Citizen Resource Line
508-862-4925**



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

PRSR STD
US POSTAGE
PAID
PERMIT #87

**PLACE
MAILING LABEL HERE**

Water Flushing Program-

Throughout the months of March to June (weather permitting) our local Water Departments will be flushing water mains. Flushing will take place between the hours of 8:00 am and 4:00 pm, Monday through Friday. Flushing signs will be posted in the areas of work. During the flushing operation, customers may notice a temporary discoloration of their water and fluctuations in water pressure. Customers are encouraged to refrain from drawing water (such as laundry) when flushing is being conducted. Customers are also encouraged to set aside water for drinking and cooking purposes and after flushing in your area check the water clarity before using. **Wait until 4:00 pm and run your cold water.** Running the cold water only through a high-volume faucet such as a bathtub for a few minutes should clear the lines. Any questions should be directed to your local Water Department.



**Hyannis (508)775-0063 Cotuit (508)428-2687
COMM (508)428-6691 Barnstable (508)362-6498**

Do You Want to Become A Superhero? FREE Intro to First Aid & CPR Course

An introduction to life saving skills with Barnstable Public Safety.
First Wednesday of every month, 6:00– 8:00 pm

- 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, March 4th & April 1st
6:00– 8:00 pm**

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

**Call or email to register:
508-775-1300, option 2 or
info@hyannisfire.org**

