



MILESTONES

YARMOUTH SENIOR SERVICES • 528 FOREST ROAD • W. YARMOUTH, MA 02673-2842

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Hours: Monday—Friday
8:30 AM—4:30 PM
Telephone: 508-394-7606
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The mission of the Town of Yarmouth's Division of Senior Services is to foster an Age-Friendly community that enhances the quality of life for the Town's older adults (60+) and their families by providing programs and services in a supportive and accessible environment that contributes to vital aging through mental, physical, and financial wellness.

November presents us with two great opportunities to be grateful and express our purposeful lives through gratitude as individuals, as families, as communities, as a nation and as a citizen of the world. Take time to honor our past, present and future!

Veteran's Day History: An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars. Yarmouth Senior Services is grateful for our Veteran's service to our country and the history of celebrating the cause of world peace.

Thanksgiving Day is a national holiday celebrated primarily in the United States and Canada as a day of giving thanks for the blessing of the harvest and of the preceding year. Yarmouth has been blessed with beautiful citizens that care deeply about their community and the people that live here. The Age-Friendly Community team has stepped out of the box to focus on an intergenerational, inclusive community and the harvested outcome will be presented to the Board of Selectman in January 2016 with a work plan proposal of continuous improvement efforts to begin. We are grateful to work and live in Yarmouth! With Gratitude and Respect - Kathi

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Friends of the Yarmouth Council on Aging
6th Annual Polar Plunge
See Page 15 for Details...

MONTHLY EVENTS

SHINE Open Enrollment Presentation Wednesday, November 4th at 1:00 PM

Don't Wait Until It's Too Late!

Medicare's Open Enrollment Period is October 15, 2015–December 7, 2015. Medicare Advantage (Part C) and Prescription (Part D) plans change every year! Medicare overview and open enrollment presentation for Medicare beneficiaries, family members, caregivers, caseworkers and representatives. Facilitated by SHINE Regional Manager, Sheila Curtis. Please call 508-394-7606 to reserve your seat..

Cooking Lessons with Chef Richard Conti "Welcome to Fall Menu"

Friday, November 6th & 20th from 1:15 PM-3:15 PM

As the leaves fall and the temperatures drop we move into our fall recipes and also some new holiday ideas. We will cook an apple cider roasted pork loin, crunchy bacon leek stuffing, fall pastas, fall salads, and other seasonal favorites. We will also cook a couple of healthy, low calorie dishes to help offset some of the rich foods we all consume too much of during the holiday season. Classes are \$18.50 each and include a complete meal and a full set of recipes to take home. All classes require pre-registration and pre-payment. Call 508-394-7606 register and have some fun!

Cape Rep Theatre

Bluestone Group Presents

I Wish You A Waltz

A New Musical Revue

Monday, November 9, 2015 at 2:00 PM

I Wish You A Waltz was conceived and directed by Robert R. Troie. While two Middle Aged performers are touring in a revue around Italy, we get a glimpse of their unfolding renewed relationship and past marriages in a 55 minute musical revue combining classic favorites and unknown songs by Kander & Ebb, Jerry Herman, Cole Porter, Rogers & Hart, Lerner & Lane, Rogers & Sondheim, Adams & Strouse, Jones & Schmidt, Stephen Sondheim, Adam Guettel, Fields & Kern and Goldberg & Alan and Marilyn Bergman. Featuring local favorites Jarad Hagan and Wendy Watson with Robert Wilder on the piano. Suggested donation: \$5.00 per person. Call 508-394-7606 to reserve your seat.

Fallon Senior Plan - Medicare Advantage Monday, November 9th at 1:00 PM

With Fallon Senior Plan's Medicare Advantage plan options, you get more than Original Medicare alone – you receive extra benefits to help keep you healthy.

To be eligible for Fallon Senior Plan, you must be enrolled in Medicare Part A and Part B, must continue to pay your Medicare Part B premium if it's not paid for by Medicaid or another third party, and you must live in the Fallon Senior Plan area (all cities & towns in Plymouth County are in the service area.) Join us for an informational presentation where you'll get the most up-to-date information about eligibility, benefits, copayments, coinsurance and premiums. A sales representative will be there to answer your questions and guide you through the enrollment process. Call 508-394-7606 to save your seat. If you are unable to attend this presentation but would like more information on Fallon Senior Plan, call them toll-free at 1-888-377-1980, M-F, 8:00 AM–8:00 PM.

CAPE COD PIANO GROUP PERFORMANCE

Friday, November 13, 2015 at 1:00 PM–3:00 PM

Please join us for a show of compositional talent where the piano clearly has been a wildly popular instrument ever since it's first introduction to the music scene, as both a solo instrument and an accompaniment. Of course, some of these recognizable pieces will be performed and known to some of you, but hopefully everyone will find something new here. Introducing performances as follows: Robby Robinson featuring Gershwin, Timothy Clark featuring Bach, Schumann and Chopin, Mary Reiser featuring Debussy and David Lanz, Paula Pariseau featuring Piano Sonata in C Major 1st Movement, and Christopher Moore featuring Gershwin. Suggested donation: \$5.00 per person. Call 508-394-7606 to reserve your seat.

MONTHLY EVENTS

Yarmouth Fire Department Lecture “Home Safety”

Monday, October 16th at 1:30 PM

For most of us our home is our refuge from the challenges of the world, but if that is true why do most accidents occur at home? Join us to discuss this important topic and learn what you can do to keep your family safe. Topics will include: lighting, evacuation plans, trip hazards, and fire safety. Call 508-394-7606 to let us know you'll be joining us.

Hearing Clinic

Monday, November 16h at 1:00 PM

A wonderful free program, sponsored by Mass Audiology. Make your appointment to meet Susanne Capra, Hearing Instrument Specialist. Services provided will include a visual inspection or both ears, a hearing screening, and a cleaning with check-up of existing hearing instruments. Call 508-394-7606 to schedule your appointment.

ZUMBATHON

Sunday, November 1, 2015

11:30 AM—1:00 PM

All proceeds to benefit

The Yarmouth Senior Center
and

Brown Bag Initiative

Wear sneakers and comfortable clothing. Snacks will be provided. All ages and all abilities are welcome. Canned good donations accepted. Fee: \$15.00 per person. Contact: Peg Taylor at 508-292-3186

Healthy Bits and Bites From the Brown Bag!

Friday, November 6th at 2:00 PM

Friday, December 4th at 2:00 PM

Do you open your cupboards and see lots of cans and boxes and still think there's nothing to eat? Nutrition Educators from Cape Cod Cooperative Extension will offer monthly tips and tricks to use the foods in your pantry and those coming from the Brown Bag food program to help you cook quick and healthy meals. Free cookbooks, helpful cooking tools and cooking demonstrations with tasting opportunities included. Please call 508-394-7606 to let us know you'll be joining us. Stay tuned for many more healthy cooking topics in 2016!

Country Breakfast

Thursday, November 19th at 9:00 AM

Windsor Skilled Nursing and Rehabilitation Center will be sponsoring a complete country breakfast. Breakfast will include omelets with eggs cooked to order, sausages, bacon and pastries. This is free and limited to 30 people. Call 508-394-7606 to RSVP.

REIKI HEALING SESSIONS

Thursday, November 19th at 1:00 PM

Reiki is an ancient healing art for stress reduction and relaxation that also promotes wellness and healing. It is based on the idea that an unseen “life force energy” flows through us. If one's “life force energy” is low, then we are more likely to feel stress and if it is high we are more capable of being less stressed and healthy. Reiki is simple, natural, and safe. It doesn't cause harm and will always adjust itself to what a person needs. Benefits of Reiki are stress reduction, assisting one in healing illness or physical pain, and helps create optimism. Receive a 15 minutes Reiki treatment. Fee: \$10.00 per person. Sessions are by appointment only. Call 508-394-7606 to schedule treatment today!

SERVICES OFFERED BY THE YARMOUTH SENIOR CENTER

We invite you to join any of our many educational and recreational programs; we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. Please call our Center at 508-394-7606, and speak with a member of our knowledgeable staff for further information about any of the services described in our monthly publication.

FITNESS CLASSES

JOE GUARDINO FITNESS - Monday, Wednesday & Friday: 10:00 AM - Tuesday: 9:00 AM, 10:15 AM & 3:00 PM -Thursdays: 9:00 AM & 3:00 PM * *Once per month-Tuesday 4:00 PM-5:00 PM-please see event calendar for a complete schedule. Classes are one hour in length. Joseph Guardino is certified by The National Academy of Sports Medicine as a Personal Trainer with specialization in Senior Fitness, Corrective Exercise Science and Fitness Nutrition. Continue your goals toward optimum health by joining this wonderful group! Stop by to meet the instructor and attendees to evaluate how your fitness needs can be achieved. Drop-ins are welcome. Fee: 3 sessions per week, \$40.00 per month; two sessions per week, \$28.00 per month. NOTE: Required Senior Exercise Waiver with Release Form prior to admission in attending any Fitness Class. Remember to bring water to stay hydrated, wear comfortable exercise clothing and quality footwear.*

Dance Fit — Classes scheduled Monday, Wednesday, and Friday from 7:45 AM – 9:00 AM. A full-body workout with dance, weights, yoga, and floor stretches. Class Free for remainder of 2015! “Thank you” - Lucky for your generosity -offering such a wonderful Random Act of Kindness! For more information, contact Lucky at 508-430-2606 or email: luckydancer@gmail.com. Drop by and join us.

Tai Chi for Healthy Aging — This class is sponsored by Yarmouth Board of Health and instructed by Lisa Bushy, RN, with VNA of Cape Cod. Classes will emphasize slow, focused movements with low impact and minimal stress on muscles and joints. Scheduled on Mondays, from 4:30 PM — 5:30 PM. Call Amy Chipman at 508-957-7423 to pre-register.

Tai Chi — Students learn about breathing, balance, centers of gravity, and motion through a series of coordinated stances. Class meets on Tuesday at 1:00 PM. Fee is \$35.00 per month.

Yoga Class — Yoga is good medicine...A yoga class with Paul Howard: strengthens the body, reduces muscular tension and calms the mind. Paul’s teaching style adapts well to all experience levels. Classes offered Monday, Tuesday, and Friday. See calendar for schedule. An active older adult would feel comfortable in each yoga class. Anyone welcome to attend class to get an idea of what is involved. Class fee is \$8.00 per class.

ZUMBA Gold is a series of dance routines specifically designed to take exciting Latin and International dance rhythms created in the original ZUMBA and bring them to the active older adult, the beginner participant, and the other special populations that may need modification for success. ZUMBA magically motivates the body to efficiently burn calories, efficiently tone all muscle groups, incorporate full range of motion, and improve the cardiovascular system. Instructed by licensed ZUMBA Instructor, Peg Taylor. Classes held every Tuesday and Thursday from 8:00 AM-9:00 AM, and the first class is free! Pre-payment and Pre-registration is required. Class fee is \$40.00 per month.

ACTIVITIES

Bird Carving- Class meets every Monday at 9:00 AM. Visit our class, meet the instructor, and view all the great projects in process by other students. You may decide to stay awhile and create your own masterpiece. *Accepting New Students!*

BINGO-Accepting New Participants...Bring a friend and make some new ones! Join us every Monday, Wednesday and Friday at 9:30 AM.

Social Reading Group – Meet every Friday at 12:00 PM. Join this wonderful group in engaging conversation for an enriching experience on a weekly basis. New members are encouraged to jump in at any time to participate in a new book selection every two months. Call 508-394-7606 for more info.

Cape Cod Bonsai Club– Bonsai enthusiasts, from beginner to expert, are welcome. You are never too old or young to begin your first Bonsai tree! We have demonstrations, guest speakers, hands-on workshops, individual and group projects. We meet the second Monday of each month from 7:00 PM-9:00 PM. August, December, and January meetings are scheduled off site. Call Jim at 508-398-8989 for information.

Cape Cod Civil-War Round Table -This organization shares an interest in the American Civil War. Topic: "Women in the Civil War. They changed America for good." Guest Speaker: Brenda Collins. Meeting Monday, November 16th at 1:00 PM Call Peter Stevens, at 508-255-7844 for additional information.

Co-ed Choral Group- Do you like to sing? Join this fun co-ed choral group, singing all the old standards we know and love; let music brighten your day! Group meets every Thursday morning at 10:30 AM. Call our Center at 508-394-7606 to join.

Contract Bridge - Meeting at our Center every Tuesday and Friday at 12:30 PM.

Crafters & Quilters - Come together as beginners or with some experience working at your own pace. This wonderful group has fun, relaxing together, working on their various creations with instructor; assistance available as needed. Meet every Tuesday from 1:00 PM-3:00 PM.

Crafty Capers- This wonderful group of people skillfully hand make practical & cheerful items for the American Cancer Society. Meet every first Thursday monthly at 1:00 PM. Please call 508-394-1638 for info.

Cribbage Group- Do you love playing cards? Meeting new people? Having a great time with friends? This great group of people meets at our Center every Monday & Wednesday at 12:00 PM.

DOMINOES Group - This fun group is meeting every Monday afternoon at 12:00 PM. Join in the fun of playing "Mexican Train Dominoes," a modern version of Dominoes in which eight players may participate.

Duplicate Bridge - Both games, Monday and Thursday, are OPEN games and start at 11:45 AM. Play begins at 12:00 PM sharp. Please call Rita Baudo at 508-394-3377 if you need a partner.
<http://dyscdbc.capefinesse.com/>

Floating Bridge Group – Meets every Monday, Wednesday and Thursday at 1:00 PM. Whoever shows up, plays wherever space is available.

Low-Relief Carving Class- Accepting new students. Class meets every Tuesday at 1:00 PM-3:00 PM. Feel free to stop by, meet the instructor, and view various student projects.

Men's Poker - This fun group meets every Thursday afternoon at 12:30 PM in the solarium.

Scrabble Group - This friendly group looks forward to new members joining! Scrabble Group meets at our Center every Wednesday from 10:30 AM - 4:00 PM. Level of play is intermediate. Do you know the two-letter words? If not, we will give you a list! For further information, call Carol at 508-394-4058.

SCOPA – Meets every Thursday at 2:00 PM. A Traditional Italian Card Game—the game of Scopa may be easy to learn but is difficult to master. There are four suits, and the rules are quite simple. Scopa is played with two to four players, or two teams of two players each. Please call 508-394-7606 to let us know you'll be joining us.

Swedish Weaving Group –Yarmouth Senior Center Swedish Weaving Group meets every Monday from 9AM - 11AM. We share our knowledge and techniques in a group setting. Bring your own materials.

The Dennis / Yarmouth Newcomers Club is a non-profit organization. The Club's purpose is to provide new residents an opportunity through activities to become acquainted with others in the area. Monthly meetings are held at the Yarmouth Senior Center on the 3rd Wednesday of each month at 7:00 PM from September – April. You're welcome to join one of their meetings or contact them at dyncomers@comcast.net for more information.

OUTREACH ADVOCATE CENTER

Caregivers' Support Group

November 13th, 2015 at 10:30 AM

Our Outreach Coordinator facilitates the program that meets on the second Friday of the month. This program is structured to benefit anyone who is caring for a loved one with numerous health conditions. Professional guest speakers will provide additional resources and supportive information. To participate, pre-registration is required for your attendance in either group by calling our Center at 508-394-7606.

Brown Bag Food Program...Do You Qualify?

We will distribute one bag of food, once a month, to seniors and families who live in Yarmouth. If you are receiving one or more of the following assistance programs: Mass Health, Veterans Aid, SSI, AFDC, Food Stamps, WIC, Head Start, Fuel Assistance, or TA, you may be eligible. If you would like to qualify to receive a bag of food each month, you will need to file a "one-time" application by the fourth week of the month in order to qualify for the following month. If you have already qualified, pick up is scheduled for Friday, November 6, 2015 at 2:00 PM. Please call our Outreach Department at 508-394-7606 for additional information.

Elder Services Lunch Program

Healthy, delicious hot meals are served at our Center four days per week. The program provides a great chance to get out of the house during the week to make new friends or renew old acquaintances. A voluntary donation of \$2.00 per person is recommended, and lunches are served on Monday, Tuesday, Wednesday, and Friday. Please call to review the menu for each week and make reservations by calling 508-398-5060, 24 hours in advance, before 11:00 AM.

Meals on Wheels

Meals are delivered between 10 AM and Noon, Monday through Friday, except holidays. If you're isolated and homebound, you can arrange for extra meals that you can use over the weekend. We ask for a small donation of \$2.00 per meal to help us pay for the program, but we never deny anyone a meal if they are unable to make a donation. It's easy to start delivery of Meals on Wheels. Simply call Information & Referral at 508-394-4630 or 1-800-244-4630.

Tax Assistance Programs

The Board of Assessor's administers tax assistance programs for various eligible taxpayers. Assessor's Office website: www.yarmouth.ma.us, or by calling 508-398-2231, Ext: 1222. Applications must be filed with the Assessor's Office annually, within three months of the mailing date of the Actual Tax Bill. All applications are confidential. Exemptions are granted on an annual basis. Assistance filling out applications with Hilda Davenport, Outreach Coordinator at the Yarmouth Senior Center. Call Hilda at 508-394-7606 Ext: 1335 for more information.

NU-Voice Club of Cape Cod – Monthly meetings are held regularly at our Center at 11:00 AM every second Thursday of the month. No meetings in July, August, and December.

Neuropathy Support Group—Meets at the Orleans Senior Center, 150 Rock Harbor Road. Call Kristina Meservey at 774 -207-0153 or 860-912-3111 for additional information.

Sight-Loss Support Group -Meetings on the 4th Wednesday of each month from 11:00 AM-1:00 PM at the Dennis Church of the Nazarene, 209 Upper County in S. Dennis. For more information, call Sight Loss Services at 508-394-3904.

SUICIDE PREVENTION LIFELINE- If you or someone you know is in crisis, please call the National Suicide Prevention Lifeline at 800-273-8255 or the Cape & Islands Crisis Hotline at 800-322-1356.

Ways to stretch your dollars

SNAP = Food Program There are special eligibility rules for seniors age 60+ to receive SNAP benefits. Your net income may be over the limit, but there are many expenses you can deduct that may bring you down the eligibility guideline. The application is short and easy to fill out. If you think you may be eligible, please make an appointment by calling Hilda Davenport at 508-394-7606 Ext: 1335.

SHINE News...Call 508-394-7606

Ext: 1330 for an appointment.

The Medicare Open Enrollment ends on December 7th!

Don't Wait Until It's Too Late!

Make a SHINE Appointment Now!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for 2016. Assistance is available from the SHINE program. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare so please call the Senior Center now and ask for a SHINE appointment. If we have no appointments left during the open enrollment period please call the Regional SHINE Office at 508-375-6762 and they will try to fit you in before the deadline.

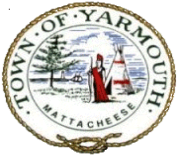
RESERVED
FOR ADS

NOVEMBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday
7:45 Dance Fit 9:00 Swedish Weaving 2 9:00 Bird Carving 9:15 Yoga 9:30 Oil/Watercolor Painting 9:30 Bingo 10:00 Joe Guardino Fitness 11:30 Senior Dining 11:45 Duplicate Bridge 12:00 Cribbage 12:00 Dominoes Group 12:30 Legal Advice 1:00 Floating Bridge Group 1:00 Benefits Checkup Appts 4:30 Space Occupied 6:00 ZUMBA	8:00 ZUMBA GOLD 8:30 MYSRCTR Volunteer 9:00 Joe Guardino Fitness 9:00 Seashell Quilters 10:00 Outreach Meeting 10:15 Joe Guardino Fitness 10:30 AA Closed Meeting 10:45 Yoga 11:30 Senior Dining 11:30 Ladies Poker 12:00 Men's Sports Roundtable 12:30 Contract Bridge 1:00 Low Relief Carving 1:00 Crafters & Quilters 1:00 Tai Chi 3:00 Joe Guardino Fitness 3:30 ALPA Training 3:30 Age Friendly Community Committee Meeting 5:00 Weight Watchers	7:45 Dance Fit 9:00 Seamstress Jean 4 9:00 Yarmouth Travel Club 9:30 FOYCOA BOD MTG 9:30 Bingo 9:30 Decorative Art 10:00 Outreach 10:00 Joe Guardino Fitness 10:30 Scrabble 11:30 Senior Dining 12:00 Blood Pressure Clinic 12:00 Cribbage 1:00 SHINE DE Lecture 1:00 Floating Bridge Group 5:00 Housing Assistance Program	8:00 ZUMBA GOLD 9:00 Joe Guardino Fitness 5 10:30 Co-ed Choral Group 11:00 Bereavement 11:45 Duplicate Bridge 12:30 Men's Cooking — 9/10 12:30 Men's Poker 1:00 Crafty Capers 1:00 Needles and Hooks 1:00 Knitters Class 1:00 Floating Bridge Group 2:00 SCOPA 3:00 Joe Guardino Fitness 6:00 ZUMBA	7:45 Dance Fit 9:30 Bingo 10:00 Joe Guardino Fitness 10:30 Yoga 11:30 Senior Dining 12:00 Social Reading Group 12:30 Contract Bridge 1:00 Mahjongg Game Day 1:15 Cooking Lessons w/ Chef Conti 2:00 BRN BAG PICK UP 2:00 Brown Bag Nutrition Program 7:00 CCBD
7:45 Dance Fit 9:00 Swedish Weaving 9 9:00 Bird Carving 9:15 Yoga 9:30 Legal Advice 9:30 Oil/Watercolor Painting 9:30 Bingo 10:00 Joe Guardino Fitness 11:30 Senior Dining 11:45 Duplicate Bridge 12:00 Cribbage 12:00 FOYCOA 12:00 Dominoes Group 12:30 CC Men's Club 1:00 Fallon Health Presentation 1:00 Floating Bridge Group 1:00 Benefits Checkup Appts 2:00 "I Wish You A Waltz" Bluestone Musical Group 2:00 American Legion Meeting 6:00 ZUMBA	8:00 ZUMBA GOLD 8:30 MYSRCTR Volunteer 9:00 Foot Care 9:00 Joe Guardino Fitness 9:00 Seashell Quilters 10:15 Joe Guardino Fitness 10:30 AA Closed Meeting 10:45 Yoga 11:30 Senior Dining 11:30 Ladies Poker 12:00 Men's Sports Roundtable 12:30 Contract Bridge 1:00 Low Relief Carving 1:00 Crafters & Quilters 1:00 Tai Chi 1:30 FOYCOA 3:00 Joe Guardino Fitness 3:30 ALPA Training 5:00 Weight Watchers	<h2 style="margin: 0;">Veterans Day Senior Center Closed</h2> 11	8:00 ZUMBA GOLD 9:00 Foot Care 9:00 Joe Guardino Fitness 10:00 Travel Club Presentation 10:30 NO Co-ed Choral Group 11:00 Nu-Voice 11:45 Duplicate Bridge 12:30 Men's Cooking - 10/10 12:30 Men's Poker 1:00 Needles and Hooks 1:00 Knitters Class 1:00 Floating Bridge Group 2:00 SCOPA 3:00 Joe Guardino Fitness 6:00 ZUMBA	7:45 Dance Fit 9:00 Foot Care 9:30 Bingo 10:00 Joe Guardino Fitness 10:30 Caregivers' Suppt Grp 10:30 Yoga 11:30 Senior Dining 12:00 Social Reading Group 12:30 Contract Bridge 1:00 Mahjongg Game Day 1:00 Cape Cod Piano Group Performance
7:45 Dance Fit 9:00 Swedish Weaving 16 9:00 Bird Carving 9:15 Yoga 9:30 Legal Advice 9:30 Oil/Watercolor Painting 9:30 Bingo 10:00 Joe Guardino Fitness 11:30 Senior Dining 11:45 Duplicate Bridge 12:00 Cribbage 12:00 FOYCOA 12:00 Dominoes Group 12:30 CC Men's Club 1:00 Fallon Health Presentation 1:00 Floating Bridge Group 1:00 Benefits Checkup Appts 2:00 "I Wish You A Waltz" Bluestone Musical Group 2:00 American Legion Meeting 6:00 ZUMBA	8:00 ZUMBA GOLD 8:30 MYSRCTR Volunteer 9:00 Joe Guardino Fitness 9:00 Seashell Quilters 10:15 Joe Guardino Fitness 10:30 AA Closed Meeting 10:45 Yoga 11:30 Senior Dining 11:30 Ladies Poker 12:00 Men's Sports Roundtable 12:30 Contract Bridge 1:00 Low Relief Carving 1:00 Crafters & Quilters 1:00 Tai Chi 1:30 FOYCOA 3:00 Joe Guardino Fitness 3:30 ALPA Training 5:00 Weight Watchers	7:45 Dance Fit 9:00 Seamstress Jean 18 9:00 Yarmouth Travel Club 9:30 Bingo 9:30 Decorative Art 10:00 Outreach 10:00 Joe Guardino Fitness	8:00 ZUMBA GOLD 9:00 Windsor Breakfast 19 9:00 Foot Care 9:00 Joe Guardino Fitness 10:30 Co-ed Choral Group 10:30 Joe Guardino Fitness 11:00 Bereavement	7:45 Dance Fit 8:30 Newsletter Collation 20 9:30 Bingo 10:00 Joe Guardino Fitness 10:30 Yoga 11:30 Senior Dining

11:30 Senior Dining 11:45 Duplicate Bridge 12:00 Cribbage 12:00 Dominoes Group 12:30 Legal Advice 1:00 CC Civil War Group 1:00 Hearing Clinic 1:00 Floating Bridge Group 1:00 Benefits Checkup Appts 1:30 YFO Monthly Lecture 6:00 ZUMBA	11:30 Ladies Poker 12:00 Mens Sports Roundtable 12:30 Contract Bridge 1:00 Garden Club 1:00 Low Relief Carving 1:00 Crafters & Quilters 1:00 NO Tai Chi 3:30 ALPA Training 3:30 Age Friendly Community Committee Meeting 4:00 Joe Guardino Fitness 5:00 Weight Watchers	10:30 Scrabble 11:30 Senior Dining 12:00 Blood Pressure Clinic 12:00 Cribbage 1:00 Floating Bridge Group 4:30 Alzheimer's Group 6:30 Salties	11:45 Duplicate Bridge 12:00 Newsletter Collation 12:30 Men's Poker 1:00 Needles and Hooks 1:00 Knitters Class 1:00 Floating Bridge Group 1:00 Reiki Healing Sessions 2:00 SCOPA 3:00 Joe Guardino Fitness 6:00 ZUMBA	12:00 Social Reading Group 12:30 Contract Bridge 1:00 Mahjongg Game Day 1:15 Cooking Lessons w/ Chef Conti
7:45 Dance Fit 23 9:00 Swedish Weaving 9:00 Bird Carving 9:15 Yoga 9:30 Oil/Watercolor Painting 9:30 Bingo 10:00 Joe Guardino Fitness 11:30 Senior Dining 11:45 Duplicate Bridge 12:00 Cribbage 12:00 Dominoes Group 12:30 Legal Advice 1:00 Floating Bridge Group 1:00 Benefits Checkup Appts 1:30 Elder Abuse Coalition 6:00 ZUMBA	8:00 ZUMBA GOLD 24 8:30 MYSRCTR Volunteer 9:00 Joe Guardino Fitness 9:00 Seashell Quilters 10:15 Joe Guardino Fitness 10:30 AA Closed Meeting 10:45 Yoga 11:30 Senior Dining 11:30 Ladies Poker 12:00 Mens Sports Roundtable 12:30 Contract Bridge 1:00 Low Relief Carving 1:00 Crafters & Quilters 1:00 Tai Chi 3:00 Joe Guardino Fitness 5:00 Weight Watchers	7:45 Dance Fit 25 9:00 Seamstress Jean 9:00 Yarmouth Travel Club 9:30 Bingo 10:00 Outreach 10:00 Decorative Art 10:00 Joe Guardino Fitness 10:30 Scrabble 11:30 Senior Dining 12:00 Blood Pressure Clinic 12:00 Cribbage 1:00 Floating Bridge Group	26 Thanksgiving Day Senior Center Closed	27 Senior Center Closed
7:45 Dance Fit 30 9:00 Swedish Weaving 9:00 Bird Carving 9:15 Yoga 9:30 Legal Advice 9:30 Oil/Watercolor Painting 9:30 Bingo 10:00 Joe Guardino Fitness 11:30 Senior Dining 11:45 Duplicate Bridge 12:00 Cribbage 12:00 Dominoes Group 1:00 Benefits Checkup Appts 1:00 Floating Bridge Group 6:00 ZUMBA				

Reserved



Yarmouth Age-Friendly
Team Updates



THE CULTURAL CENTER OF CAPE COD AND
"AGE-FRIENDLY YARMOUTH"

invite artists of all ages to submit work to
THE SHOW YOUR AGE EXHIBIT

Celebrating Yarmouth's Age-Friendly designation from the World Health Organization.
December 9-20, 2015

The Show Your Age Exhibit will be a juried show of work that reflects the artist's age in some way. Work will be organized into ten sections in the Great Hall Gallery, each dedicated to a decade.

- * Parents, grandparents, and teachers are strongly encouraged to submit work by young children.
 - * All media are welcome.
 - * All works must be ready for hanging or to be placed on a pedestal.
 - * No clip frames or sawtooth hangers, please.
 - * All work must be original by the artist.
 - * Please, no work previously shown at the Center.
 - * There is no entry fee. ONE submission per artist, please.
 - * The Center will receive a 20% commission on sales. The artist, 80%.
 - * The Center will produce labels for the work and host a reception on Friday, December 11, from 5-7pm.
- Please type or print clearly and submit with work on Tuesday, December 8, from 9am to 5pm or by special arrangement.

**Applications are available at Yarmouth Senior Center, The Cultural Center of Cape Cod
and on the Town of Yarmouth website.**

Massachusetts Council on Aging awards "Age-Friendly Yarmouth" grant to implement Bridges Together Curriculum at Marguerite E. Small Elementary School.

Why is intergenerational programming important?

Our American households have become somewhat isolated from one another. Today, people typically live and congregate with others who have similar ages and lifestyles. We no longer have the same opportunities for spontaneous, informal interactions between generations that our culture once enjoyed. American demographics are changing dramatically, too. By the year 2025, there will be more senior adults than children under the age of 13.

The Bridges program curricula suite is a series of award-winning intergenerational programs and curricula that support national core educational standards and is designed for implementation in public and independent schools (PreK-Grade 8), libraries, community centers, and religious institutions. The Bridges programs are created to benefit both older adults and children. Contact Hilda Davenport at 508-394-7606 ext 1335 for further information.

Age-Friendly Yarmouth Team and DY High School Technology Department Partnership

Grant sought to build a World Health Organization Age-Friendly Community Application. DY High School teacher Tamara Endich will work with DY High School technology team and Yarmouth Age-Friendly Community team to create a game out of the WHO Age-Friendly Community checklist and turn it into an APP! Oh, yes, Yarmouth will have an APP for that...and we will share it with the World Health Organization's Age-Friendly City and Community Network around the World!

Calling all Senior's interested in game board development, technology testing, civics lessons for youth and community development work....contact Kathi Bailey at 508-394-7606 ext. 1332

SUPPORT GROUPS & SERVICES

Alterations - Make an appointment with our professional seamstress. Jean Jackson is available for appointments on Wednesdays, from 9:00 AM -10:00 AM. Please call 508-394-7606 to schedule your appointment.

Bereavement Support Group

The Yarmouth Senior Center and VNA Hospice bereavement support program are pleased to offer a supportive environment, share with others who are also grieving and learn new coping strategies. This ongoing, confidential, bi-monthly group is open to anyone who has lost a loved one through death. It is facilitated by Nancy Higgins, LICSW, Bereavement Counselor, VNA Hospice. The group will meet on the 1st and 3rd Thursday of each month from 11:00 AM-12:30 PM. If you have any specific questions about this group, please call Nancy Higgins, LICSW at 508-957-7715.

Blood Pressure Clinic: Every Wednesday from 12:00 PM-1:00 PM. Schedule is on a first-come, first-served basis, with the Clinic closing promptly at 1:00 pm. *No late arrivals.*

Consumer Assistance Council -Stands up for consumer rights, cuts through red tape, gets answers and results – all provided at no charge to the consumer and conveniently located in Hyannis. Call 1-800-867-0701 or 1-508-771-0700.

Legal Advice - is available at our Center by appointment on the first and fourth Monday of the month with Attorney Michael Lavender and on the second and third Monday of the month with Attorney Adam Dupuy. Call 508-394-7606 for an appointment.

Medical Equipment Loans

We maintain a rotating supply of medical equipment for Yarmouth seniors to borrow. Stop by or call our reception desk with your request, and we will try to help you. *While we do appreciate donations of durable medical equipment, all equipment must be inspected, MUST be clean and in good condition. Broken or unclean equipment will not be accepted.* Currently we are *no longer accepting commodes, walkers with wheels, or crutches; but we are accepting donations of adjustable canes (only), shower chairs, and transfer benches.* Transfer chairs are in short supply and are currently available for loan with a 3-day return policy. *Friendly reminders...please promptly return medical equipment when you no longer need it, so someone else in need may benefit from this excellent program.* Call 508-394-7606 Ext: 1330

American Legion Post #197

Meetings are scheduled for the second Monday of each month from 2:00 PM-4:30 PM at our Center. All Vets are welcome. Please call Tom Kelley at 508-398-3360 for information. Please bring old flags into the Senior Center so that we may dispose of them reverently.



Helping Hand

Yarmouth Senior Services is proud to offer this new program! "Helping Hand" will offer you the opportunity to qualify for a little extra help to cover the costs of participating in classes or programs offered at Yarmouth Senior Center. We don't want anyone to miss out on anything offered here at our Center. Please speak with Kathi Bailey, Director of Senior Services, or Hilda Davenport, Outreach Coordinator.

If your income does not exceed \$20,000 a year and your assets do not exceed \$40,000 for one person, you may be eligible for "Helping Hand."

A couple's combined income cannot exceed \$30,000 or \$55,000 for assets. Your home and one car are not included in the assets. Don't miss out on the fun, and let us give you a Helping Hand. All applications are confidential. Call 508-394-7606 for more information.

Routine Foot Care

Routine Foot Care is scheduled monthly at our Center. Diabetics must see an MD/Podiatrist. Services provided by licensed nurses and each appointment is 30 minutes at \$30.00. This month scheduled appointments on Tuesday, November 10th, Thursday, November 12th, Friday, November 13th, Thursday, November 19th. Arrangements may be scheduled for home visits for \$50.00.

Please call our Center, at 508-394-7606 in

Meals on Wheels Volunteers Needed

Please help out with delivering meals to Yarmouth's homebound seniors. One day a week for approximately two hours is all that is needed. This is rewarding to both you and the recipients. Mileage us reimbursed. Please call or drop by to see Gail or Tracey at the Yarmouth Senior Center. Call 508-398-5060 for more information. Elder Services of Cape Cod and the Islands thanks you.

Barnstable Veterans Services

Did you know that 955 case files exist for Yarmouth veterans or widows at the Barnstable office? Are you a Veteran or Widow in need of help? Please contact our Veterans Services Agent, Edward F. Merigan at the main office located on 66 Falmouth Road in Hyannis, MA. Telephone: 508-778-8740 Hours: Monday—Friday, 8:30 AM — 4:30 PM. Call for an office appointment or a home visit if you are a homebound Veteran or Widow.

Evening Activities

Still working during the day or prefer evening activities beyond those at the Senior Center?

Try out some great programming in other locations in Yarmouth:

Yarmouth Libraries - <http://yarmouthlibraries.org>

Yarmouth Parks and Recreation - <http://www.yarmouth.ma.us/index.aspx?nid=143>

Cultural Center of Cape Cod - <http://cultural-center.org/>

Prescription Drug Disposal Notice-

Yarmouth Police Department has a secured Drug Turn In Drop Box at One Brad Erickson Way, West Yarmouth. Open to the public anytime 24/7. We encourage all seniors to dispose of all outdated and unused prescription drugs as part of their Fall cleaning and New Year organization processes!

TRANSPORTATION

Yarmouth Voyager Van Service

Appointments may be scheduled: Monday–Friday from 9:00 AM – 3:00 PM

Schedule your transportation appointments with our 12-passenger, fully-accessible van.

Service is available to Yarmouth residents for medical appointments, errands, grocery shopping, and much more within Yarmouth, Dennis and greater Hyannis area!

Service is available on a first-come basis, and medical appointments take precedence over other requests. Please book your appointments 48 hours in advance and even sooner for medical appointments. If you must cancel, please do so as soon as possible, so we may fill your seat. We look forward to providing this service for you and hope it will make getting around easier and more convenient for you. Please call Adeline Galvin, Transportation Coordinator between 9:00 AM- 12:00 PM at 508-394-7606 at Ext:1331 to schedule your appointment and leave the driving to us. Appointments may be scheduled: Monday – Friday from 9:00 AM – 3:00 PM. Service fee: \$3.00 suggested donation for round-trip service in Yarmouth and a \$5.00 suggested donation for round-trip service to Dennis and Hyannis.

Boston Hospital Transportation Bus

Enjoy comfortable and safe wheelchair-accessible transportation from Cape Cod direct to Boston Hospitals; CCRTA provides medical transportation services on Monday, Tuesday, Wednesday and Fridays by reservation to 15 Boston area hospitals. The Boston Hospital Bus has bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. Schedule your medical appointments between 10:00 AM & 2:00 PM. The Bus will leave Boston by 3:00 pm.

RESERVATIONS ARE A MUST!! (Reserve no later than 11:00 AM the day before you wish to travel)

Fare: \$30.00 ROUND TRIP / \$15.00 ONE WAY. ESCORTS ALLOWED BASED ON SEATING

AVAILABILITY (escort confirmation received day before appointment). **OR RESERVATIONS CALL:**

1-800-352-7155, Monday thru Friday, 8:00 AM-5:00 PM or email: www.capecodrta.org

DART

B-Bus–door-to-door service is available every day including weekends. Seniors and people with disabilities pay \$1.50 each way; non-seniors and non-disabled pay \$3.00 each way. Passengers are required to have exact fares, as drivers cannot make change. Reservations must be made 48 hours in advance by calling 1-800-352-7155, Monday-Friday. Weekend reservations must be made by 5:00 PM on Friday.

**Benefits Checkup
Mondays at 1:00 PM**

One-on-one counseling with Hilda Davenport.
Call 508-394-7606 for your appointment today!
<https://www.benefitscheckup.org/>

BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC. BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. Here are the types of expenses you may get help with: Medications, Food, Utilities, Legal Costs, Health Care, Housing, In-Services, Taxes, Transportation, Employment Training. You can service yourself using this tool and/or review with us in Outreach at Yarmouth Senior Services by making an appointment. Please call Outreach Coordinator Hilda Davenport at 508-394-7606 Ext: 1335 for additional information.

Attention Computer Lovers!

Would you like to receive an email when our Newsletter is available on-line? Just go to this site:
<http://www.parishesonline.com/find/yarmouth-council-on-aging>
Subscribe today! The publisher will send you an email each month as soon as it is available. It's so easy and you can look at past newsletters, plus you can view newsletters for other senior centers. Enjoy the convenience, save time, paper and energy searching for information.

Elder Abuse Coalition

An elder-abuse coalition is underway with the leadership of Hilda Davenport. The goal of this coalition is to have representatives from Housing Authority, Thirwood Place, Mayflower Place, Independence House, Community Development, Elder Services, VNA, Bayada, Alzheimer's Organization, YPD, YFD and others meeting on a regular basis to expand our knowledge and web of support for those affected by Elder Abuse. The meetings will be held Mondays, August 24, September 28, October 26, November 23, and December 28, 2015 from 1:30 PM-3:30 PM. If your organization would like to participate, please call 508-394-7606 to RSVP.

Alzheimer's Support Group

Wednesday, November 18th at 4:30 PM

Cognitive diseases affect one out of nine Americans over the age of 65. Personality and behavioral changes leave families at a loss as to how to help their loved ones and themselves. These changes, that can occur over a long period of time, are what differentiate dementia from other age-related diseases. This group will help families develop better coping strategies, learn more about dementia, and help connect to support services in the community. This group is for adult children caring for aging parents, spouses, or anyone caring for a loved one with dementia.

Call 508-896-5170 for more information.



Rotary Club of Yarmouth

PO Box 448 in South Yarmouth, MA 02664

Medical Devices Needed!

Do you have crutches, canes or folding walkers?

Rotary Club of Yarmouth is spearheading a collection in our Cape Cod area to send medical devices to needy adults and children in Africa.

If you would like someone to pick up your medical device donations,
please call Tammy at 508-398-9300.

Medical Device Drop Off Location:

**Yarmouth Senior Center at 528 Forest Road in W. Yarmouth, MA 02673.
Only between the hours of 9:00 AM-11:00 AM, Monday through Friday.**

YARMOUTH SENIOR SERVICES OUTREACH OFFSITE OFFICE HOURS

Visit with Hilda Davenport, Outreach Coordinator for off-site visits at the following locations:

Simpkins Residence
134 Old Main Street
South Yarmouth, MA

Available the Third Tuesday of each month from 2:00 PM - 4:00 PM on May 19th, June 16th, July 21st, Aug 18th, Sept 15th, Oct 20th, Nov 17th and Dec 15th of 2015.

Yarmouth Housing Authority

Long Pond Plaza
534 Winslow Grey Road
South Yarmouth, MA

Available the third Thursday of each month from 2:00 PM - 4:00 PM on May 21st, June 18th, July 16th, Aug 20th, Sept 17th, Oct 15th, Nov 19th of 2015.



Friends of the Yarmouth Council on Aging
6th Annual Polar Plunge
 New Year's Day
 Bass River/ Smugglers Beach
 At High Noon

We're taking the plunge again this year. That's right! We're going for a dip in the chilly waters of Nantucket Sound to raise money for support programs and activities at the

Yarmouth Senior Center

This year, over 3000 local residents have benefited from the Yarmouth Senior Center. They have attended programs and activities or sought assistance for themselves or a loved one. The needs continue to increase as does our commitment to provide much needed services that allow older adults to remain independent, healthy and active.

We have assembled a fine team of Polar Bear impersonators, from kids to seniors, for this wild and chilly adventure. Last year, we had almost 250 people take the plunge as hundreds more cheered on the shore; it was a FANTASTIC event. Your financial support of this wet, wild and wacky BUT loads-of-fun adventure is very much appreciated by everyone involved in the Plunge and those who benefit from our services.

The Friends of the Yarmouth Council on Aging is a 501 (c) (3) non-profit organization, and all donations are tax deductible to the extent allowed by law.

Checks should be made payable to: FOYCOA
 On behalf of our team, a heartfelt Polar Bear "Thank You" and a Big Polar Bear Hug!
 Plan to join us at the beach for a pre-plunge get-together with cocoa & cookies!!!

\$25 ___ \$50 ___ \$75 ___ \$100 ___ Other _____

Name: _____

Address _____

City: _____ State _____ Zip _____

Telephone # _____ Email: _____

TIMELESS PARIS & LONDON featuring HIGHCLERE CASTLE with CIE TOURS**PRESENTATION: Thursday, November 12 at 10 AM**

Join Karyn on this small group adventure. Highlights include: guided tours of London, Paris, Bampton, Stratford-Upon-Avon and Bath; Hop on Hop off full day bus passes London & Paris; London Eye, Highclere Castle, Shakespeare's Birthplace, Anne Hathaway's Cottage, full breakfast daily, afternoon tea, dinner in Moreton-In-Marsh. First class hotels in the heart of London, Bath and Paris, train from London to Paris. Tony Abbott will be our guide. 9 days, August 19-27, 2016 \$2,695 pp land only. Trip insurance and transfers from Cape Cod add \$289 pp. Air pricing available 12/01. Please RSVP if you are planning to attend.

11/17 Mohegan Sun "Turkey Trot" w/bonus, \$34, 12/04 Holiday Pops Boston, matinee, 1st balcony, \$105, 12/08 Foxwoods "I Believe In Santa" w/bonus 12/10, \$34; Christmas at Newport Mansions (Patriot Square Pick Up) \$55, 12/11 LaSalette Shrine Festival of Lights (Patriot Square Pick Up) \$35, 12/14 Travel Club Holiday Luncheon at DiParma Italian Table, reservations required, \$22, 01/05 ATLANTIC CITY "New Year Celebration" 3 days, 4 meals \$20 coin bonus, 2 Shows, Resorts on the Boardwalk, cancellation waiver, 1/5-1/07/16, \$235 pp Patriot Square Pick Up! Destination tours on sale include: Sicily and Southern Italy and Canyon Country & National Parks featuring the Grand Canyon

Karyn is at the Yarmouth Senior Center every Wednesday from 9 AM to 11 AM or by appointment. Contact Karyn Wendell at (508) 420-5288. Mail payments for travel to Karyn Wendell, P. O. Box 161, Centerville, MA 02632. See our "Adventures with Karyn" ad every Sunday in the Cape Cod Times.

Betsy's Ballroom Dances

Friday, November 6 CCB Dance

Information Call: Ellen Moran (508) 362-9589

Saturday, November 14 Mary French Scholarship Dance

Information Call: Ellen Brodsky (508) 548-0036

Saturday, November 21 Danceprints by the Sea

Information Call : Debbie Israel (508) 778-4502



DISCLAIMER: The Yarmouth Senior Center offers many legal, financial, recreational, medical screening, or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Yarmouth Council on Aging, The Yarmouth Senior Center, the Town of Yarmouth, Friends of Yarmouth Council on Aging, aka FOYCOA, or its employees or agents do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal-cost practitioner. Any act, advice, or service by outside providers at the Council on Aging should not be presumed to be endorsed or sponsored by the Council on Aging.

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Friends of Yarmouth Council on Aging
Yarmouth Senior Services
528 Forest Road
West Yarmouth, MA 02673

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