



## **COASTAL CONNECTIONS**

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education. Below is a list of virtual programs open to all.

### **“HOW TO HELP YOUR LOVED ONE IN THE HOSPITAL”**

**Monday, April 12, 2021, at 10am (via Zoom)**

When a family member is in the hospital it's overwhelming but you can make a big difference. Beth Suereth, Certified Caregiving Consultant and Founder and CEO of Caregiving Pathways will share what to expect during a family member's hospital stay. Get practical tips and tricks for managing the hospital experience, and hear the care-giving story of a Certified Care-Giving Consultant. You'll learn how to: keep track of all the details, prevent common hospital mistakes, and plan for care at home after the hospital stay. **To register call the Brewster Senior Center at 508-896-2737.**

### **“SOUND DUNES SWING COMBO”**

**Tuesday, April 13, 2021, at 1pm (via Zoom)**

Join us for a mix of sing, Dixieland, Country, Latin, Jazz, and Rock n Roll music for your listening, singing and dancing pleasure. Brought to you in the comfort of your home (where no one can hear you sing or watch you dance!). **To register call the Yarmouth Senior Center at (508)394-7606 x 1333.**

### **“EARTH RHYTHMS: SONGS FOR THE ENVIRONMENT” WITH ROGER TINCKNELL**

**Tuesday, April 13, 2021, at 1:30pm (via Zoom)**

From rain forests to recycling, conservation to compost, Earth Rhythms travels from our backyard to around the world celebrating and teaching environmental awareness and responsibility. Captivating songs, stories, legends and facts are accompanied by the Native American rainstick, Incan Charango and flute, Russian balalaika, African Achika drum, as well as guitar, mandolin, banjo and harmonica. Older adults, school-aged children and everyone in between are welcome! **To register call the Chatham Senior Center at 508-945-5190.**

### **FALMOUTH COA BOOK CLUB...All Are Welcome!**

**“American Dirt” by Jeanine Owens**

**Tuesday, April 13, 2021 at 1:30pm (via Zoom)**

Come join our live book club on Zoom, led by Susan Weliky. In our live book club conversations, readers will come together to connect and have some great discussions. **To register call the Falmouth COA at 508-540-0196.**

### **“GET YOUR GARDEN READY”**

**Friday, April 16, 2021, at 1pm (via Zoom)**

Presented by Donelle Denery, Barnstable Master Gardener, this program will focus on the proper steps to get your garden ready in anticipation of your planting season. Flower, vegetable and container garden preparation will be discussed. Properly preparing your garden in early spring sets you up for a successful growing season! **To register call the Orleans Senior Center at 508-255-6333.**

## **“CREATIVE JOURNALING CLASS” WITH ALEXANDRIA TYBER**

**Tuesday, April 20, 2021, at 1pm (via Zoom)**

Creative Journaling is a wonderful way for you to express your thoughts, wish lists, gratitude and all of your creative ideas using words, pictures or simple sketches can help to clarify your feelings and ideas. Expressing the things you truly desire, as well as, what you appreciate really gets the positive energy flowing and can help shift your vibe from dark to light. We begin this class with a simple guided mindful meditation technique to help us relax, focus and feel centered. Then we CREATE! Using paint, collage, markers and other materials you'll express yourself on the front & back covers of these hard covered journals creating a work of art that's "YOU!" Supplies you will need: hardcover journal (recommended purchase at Michael's <https://www.michaels.com/black-hardcover-dot-journal-by-artists-loft/10532092.html> ). You can purchase or use supplies lying around your house such as: pens, pencils and colored markers, all-purpose glue, scissors, old magazines/cards/wrapping paper/napkins/tissue paper or fabric to cut up for collage, watercolor paint and a brush or can paints, glitter, stickers, stamps and ribbon. **To register call the Yarmouth Senior Center at (508)394-7606 x 1333.**

## **“A BIOGRAPHY OF THE CONSTITUTION”**

**Wednesday, April 21, 2021, 10:30 AM-12 PM (via Zoom)**

Join Jane Scarborough for a survey of the United States Constitution. Jane will cover the history and meaning of our nation's founding document, beginning with the intentions of the Framers, exploring its development over the following 230+ years, and culminating in a discussion of the current Roberts' Court. Amidst our current state of political turbulence, there is no more important time to examine this defining document and its articulation of the values and principles we hold in common. Jane holds a B.A. in American History from Rice University, an M.A. in American Studies from Purdue University, a Ph.D. in American Constitutional History, and a J.D. from Northeastern University School of Law. She has served in a myriad of private sector and academic positions, including as a full-time professor of Constitutional Law at Northeastern University School of Law. **To register call the Harwich COA at (508)430-7550.**

## **“AMAZING ANIMAL AMBASSADORS”**

**Thursday, April 22, 2021 at 9am (via Zoom)**

We'd like to introduce you to Bethany Boucher owner of Amazing Animal Ambassadors. Bethany has a background in Captive Wildlife Care and Education, teaching with animals for over 15-years since beginning her business on Cape Cod in 2013. You will meet and learn educational details about some of her most popular animals including: Milo, the Fennec Fox; Buttercup the Skunk; Cali the Cockatoo; Jasper the Red Tailed Hawk; Shelly the Sulcata Tortoise, and more. Enjoyment for the entire family! This program is sponsored by Friends of Yarmouth Council on Aging. **Please call the Yarmouth Senior Center to Register at (508)394-7606 x 1333.**

## **“CBD IS HERE TO STAY: WHAT YOU NEED TO KNOW” WITH KAY COONEY, RN, GCNS, APRN**

**Wednesday, April 28, 2021, at 1pm (via Zoom)**

CBD is here to stay and it's a supplement you might want to learn more about. The program will discuss the benefits, how to safely choose a brand and what CBD can do for you! We will address uses with pain, anxiety, sleep and more. **To register call the Sandwich COA at (508) 888-4737.**

naval, or air service on or after September 11, 2001, or on or before May 7, 1975. Presented by Dr. Jocelyn Howard (Director, Cape Cod Vet Center), Kathy Langford (Caregiver Program Support Manager, Providence VA Medical Center) and Adam Doerfler (Cape Cod Vet Center Outreach Specialist). **To register call Chatham Senior Center at 508-945-5190.**

## **“PAUL NEWMAN: STAR OF STAGE, SCREEN & SALAD DRESSING”**

**Wednesday, April 28, 2021, at 7pm (via Zoom)**

Join Frank Mandosa as we take a star struck look at the life and career of this screen legend and Hollywood icon that starred in classics such as *Cat on a Hot Tin Roof*, *The Hustler*, *Hud*, *Cool Hand Luke*, and *Butch Cassidy and the Sundance Kid*. You may remember him for his blue eyes and striking good looks, but Paul Newman was a multi-faceted man and philanthropist who lived a rich life beyond the screen. You may be surprised at what you will learn about one of Hollywood's great actors. **To register, call Susan at the Barnstable COA at 508-862-4761 or email: [susan.griffin@town.barnstable.ma.us](mailto:susan.griffin@town.barnstable.ma.us)**