NEW

BEGINNER TAI CHI

Mondays and Thursdays 11:15 am - 12:15 pm
Starts Monday, March 10th

Enrollment is open for the month of March
Cost $18 per class

Come learn the many benefits of starting a Tai Chi practice. Recent studies show Tai Chi to be beneficial for lowering blood pressure, improving balance, stress reduction, better hand-eye coordination, and more. Classes are fun and energetic, incorporating stretching warm-ups, breathing exercises, and an exploration of Traditional Chinese Medicine concepts for healing and vitality. You will be learning the easy Yang Style Eight Posture Form. Instructor, A.Jay Zahn, has been practicing for over 40 years and teaching at the Brewster C.O.A. since 2019. ☯

For more information or any questions email A.Jay at capecodtaichisociety@gmail.com

Brewster Council on Aging ☯ 1673 Main Street

SENIOR PLANET FROM AARP

Getting to Know Your Smartphone: A Hands-On Workshop



Monday, March 17 at 10:00 a.m.
Brewster Council on Aging, 1673 Main St, Brewster

"Getting to Know your Smartphone" is an introduction to the wonders of having a minicomputer at your fingertips. We'll learn about smartphone anatomy, the necessary gestures for use, what's on our home screen, and how to access the control panel. We'll also talk about accessing the control panel and adjusting settings, as well as tips and best practices, especially how to secure your device.

Bring your own phone and let's explore together!! **This workshop is free of charge.**

Elder Services of Cape Cod and the Islands

Sign Up Today!

call 508-258-2299 or email
denise.magnett@escci.org

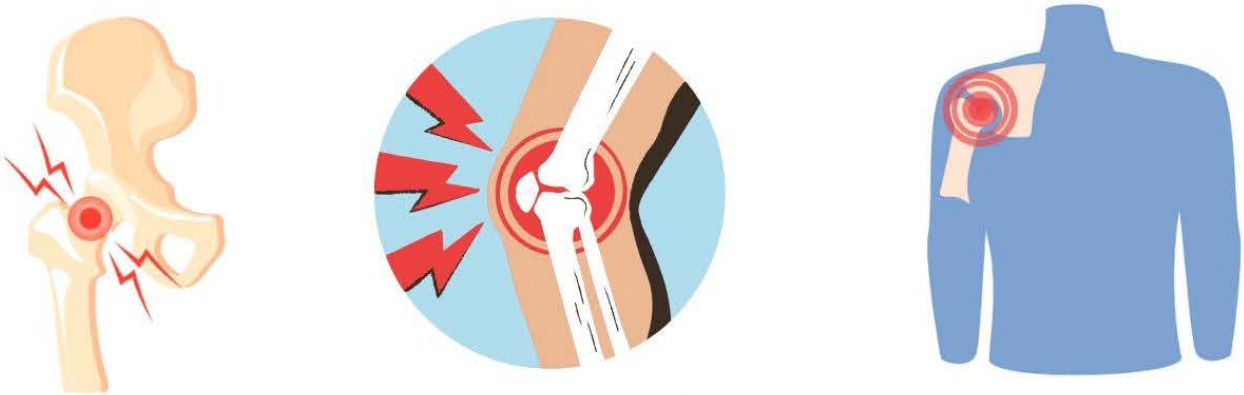
OATS FROM AARP | OLDER ADULTS TECHNOLOGY SERVICES

VISITING NURSE ASSOCIATION OF CAPE COD

Member
Cape Cod Healthcare

Total Joint Replacement Presentation

WITH PHYSICAL THERAPIST AND ORTHOPEDIC SPECIALIST ANN O'NEIL



Total Joint Replacements are now outpatient surgical procedures with most people coming home the day of surgery. This change has made homecare services essential for your recovery. Please join us to learn more about the benefits of homecare after your surgical procedure

BREWSTER FIRE DEPARTMENT

THURSDAY, 3/20/2025 AT 11 AM

TO SAVE YOUR SEAT, PLEASE CALL THE BREWSTER COUNCIL ON AGING

(508)896-2737

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

Protect Yourself from Medicare Fraud

Wednesday, March 26

1:30 – 2:30pm

Brewster Council on Aging

Did you know that over $60 billion of our tax dollars are lost to Medicare fraud annually? Join Lucilia Prates, Statewide Director of the Massachusetts Senior Medicare Patrol (SMP) Program for a presentation and discussion on how Medicare beneficiaries are instrumental in preventing, detecting, and reporting Medicare Fraud. We all can have an active role in protecting Medicare for ourselves and future generations. This informational workshop will provide you with the tools to become a more informed and engaged health care consumer, as well as explore the need to be vigilant and protect yourself from becoming victim to deceptive marketing and medical identity theft. Additionally, you will also receive other important information to assist you in navigating the increasingly complex healthcare system. Don't miss this important talk!

Advance registration is required

To sign up, please call the COA at 508-896-2737

Brewster Council on Aging ~ 1673 Main Street

Future Planning Toolbox:
Build Your Roadmap for Security



Continental Breakfast Included!

Monday, March 31
10:00 – 11:00
Brewster Council on Aging

Feeling overwhelmed by future planning? Don't be! Join us for this informative event, where a panel of experts will equip you with the essential tools to navigate key life decisions. Topics covered will be senior living options, Estate planning and Elder Law, and home care options. Speakers include Jim Monti, Senior Advisor of Oasis, Ruth McNaughton, Geriatric Nurse Case Manager of Comfort Keepers, and Attorney Rebecca Spinner from Suprenant & Beneski. This presentation is for you if you are approaching retirement and want to plan for the future, have aging parents and need guidance on their care, or are interested in learning about senior living and home care options. You will leave with peace of mind, feeling empowered with practical knowledge, along with actionable strategies to help you navigate key life decisions. Don't miss this valuable opportunity!

Advance registration is required
To sign up, please call the COA at 508-896-2737

Brewster Council on Aging ~ 1673 Main Street