



SALTMARSH ZOOM
EXERCISE PROGRAMS
HERE



A new video and note from fitness instructor, Cindy Sullivan.

Hello and I hope you are all doing

well!

A couple of weeks ago I had the privilege of teaching a Ruth Bader Ginsburg inspired workout on zoom as a tribute to the late Justice. It is posted on Youtube on the link below. I think of you all and I hope you are doing well during this challenging time. Keep in touch!

Click [HERE](#) for video

Also watch Cindy Sullivan's fitness classes on NCTV18 M - F at 10:00 AM or on demand [HERE](#)



SALTMARSH
DINNER
DRIVE-THRU

Tuesday, November 17
11 AM - 12 PM

Chicken Parmesan

**Pick-up cold and
re-heat at home.**

\$5.00 per person
**If you paid for the dinner that was
cancelled in March you're exempt**

Generously donated by

the Faregrounds Restaurant

Call 508-228-4490 to sign up.

Leave a message.

**If you don't hear from us Monday we will
see you Tuesday!**

BCBS Webinar
Nutrition an Sleep:
Fascinating Connections

Wednesday, November 18

10:00-10:30 AM

**Learn how sleeping well can help control
your weight and revitalize your mind and
body. Discover which foods, herbs, teas,
and minerals can make you feel sleepier,
or interfere with sleep.**

Click [HERE](#) to register



NUTRITION WITH ALICE

WEDNESDAY, NOVEMBER 18

1:00 PM

via Zoom

Alice Townsend-Williams, MS, RD, CLC, the nutritionist at Health Imperatives will be discussing eating healthy over the Thanksgiving holiday.

Alice's goal is to make nutrition easy, fun, and stress-free!

Click [HERE](#) register.

You will then receive an email with a Zoom invite link and the recipes.

FREE LEGAL ADVICE WITH
ARTHUR BERGERON

Wednesday, December 2

2:00 - 3:00 PM

Via Zoom or phone

Click [HERE](#)

for information and to register



Click [HERE](#) for
November programs and to register



Click [HERE](#) for calendar



We have partnered with [Highway61](#) to offer you real time, conversation groups including Aging Alone Support Group, Trivia, French Culture, Entrepreneurs Circle, Opera, Classic Movies and more! If you'd like to participate, the instructions are [HERE](#)

The code to join is 125645.

Click [HERE](#) for on-line calendar



[PROGRAMS OFFERED BY BARNSTABLE ADULT COMMUNITY CENTER](#)

Script to Screen

Older adult and Cape resident Sandra Bolton wrote, produced and director her comedic film ***Now Hiring*** without funding. You'll enjoy her story about two unemployed people whose lives intersection, and how she brought it to the screen.

Presenter: Sandra Bolton

T 11/16 11am-12pm

Centerville Historical Museum, A Virtual Tour

It's incredible what this unique Centerville museum has to offer. Exhibits range from toys to furniture, WWI to speakeasy memorabilia and even a lingerie collection. Don't miss this virtual tour of the offerings in this lovely Main Street home.

Presenter: Randy Hoel, Director

Tu 11/19 1-2pm

Meditation with Pete Cormier

Take 40 minutes to yourself. Meditate, relax and rejuvenate.

W through 12/16 1-1:40pm

Click [**HERE**](#) to register
for Barnstable programs

INFO



42nd ANNUAL BABE PATTERSON THANKSGIVING DINNER

Click [HERE](#) for form.

Fill out the form and check the items you would like & return to the Saltmarsh Senior Center before Friday, November 20

FUN STUFF



The Galle Chandelier

Take a close look at one of the most popular objects in the Getty's decorative arts collection and watch it come to life. It's really cool.

Click [HERE](#)

Click [HERE](#) discover more of the
J. Paul Getty Museum

Click [HERE](#) for tours of other museums



Community Walking Tours
Winter Walks with Allen & Neil

Click [HERE](#) for dates and to register



The New Norm