

Dementia-Friendly Programs

Barnstable Council on Aging invites caregivers and other members of our community to join Barnstable Connects, a dementia friendly program that provides engaging activities for those with memory impairments. Barnstable Connects focuses on keeping our bodies in motion, cognitive exercises and, of course, having a little fun. Programs are led by trained and dementia friendly facilitators.

To register for Barnstable Connects Programs contact Program Coordinator Stacey Cullen at 508-862-4765 or email Stacey.cullen@town.barnstable.ma.us for more information.

Barnstable Connects- Dementia Friendly Programs-Chair Exercise

Part of the Dementia Friendly Programs, this gentle seated exercise program with a focus on common functional movements helps keep you active.

Presenter: Stacey Cullen BCOA Program Coordinator

M 7/12 2pm Free Virtual/BACC

Caregiving 101

Where do I start? Whom do I call? These are often the first questions you may ask when you become a caregiver, The answer is call the Barnstable Council on Aging , which has an array of resources and supports for caregivers in need. This program is in-person and virtual.

Presenter: Stacey Cullen

Tu 7/13-8/24

10-11am Free Virtual/BACC

Barnstable Connects- Dementia Friendly Programs-Music and Movement

Take a journey down a musical Memory Lane by way of song, movement and reminiscence.

This chair exercise program is pure fun!

Presenter: Stacey Cullen BCOA Program Coordinator

W 7/14-8/25

2- 2:45pm Free Virtual/BACC

Memory Training- What is Memory Training?

This expansive course delves into how the memory works, and teaches you memory enhancing techniques. See what's behind those irksome tip-of-the-tongue moments and reduce your memory burden with better habits.

Presenter: Stacey Cullen BCOA Program Coordinator

Th 7/29-8/19

10-11am Free Virtual/BACC