PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

NOVEMBER 2018

CHRIS HOTTLE, MSW - ***DIRECTOR***
ANDREA LAVENETS - ***OUTREACH COORDINATOR***
SHANNON COREA - ***ADMINISTRATIVE ASSISTANT***
DONNA SZEKER - ***VAN DRIVER / OFFICE ASSISTANT***
RICK SHAW - ***PROGRAM COORDINATOR***
NANCY DOOLEY - ***COOK / MEAL COORDINATOR***
CARLA MANCINO - ***PROGRAM ASSISTANT***

The Place to Connect!

508-487-7080

www.provincetown-ma.gov

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Welcome to Coastlines!

November is a very special month, with not only Veterans Day and Thanksgiving but also the celebration of National Family Caregivers Month.

Veterans Day is a time to recognize those who have served in the Armed Forces. It began on November 11, 1919, the first anniversary of the end of World War I, and was known as Armistice Day until the named changed in 1954.

National Family Caregivers Month was initiated by Presidential Proclamation in 1997 stating, "One of the most profound ways in which love is expressed is through the support provided by caregivers. Caregivers reflect family and community life at its best."

With Thanksgiving as a traditional time of counting our blessings, the thread running through each of these occasions is one of gratitude. This month, we are pleased to offer two special events to express our appreciation to people who have given so much to protect and enrich the lives of others and strengthen our community (see enclosed insert).

Please join as we celebrate Thanksgiving with our annual lunch and Tree of Thanks. ~ *Chris*

THANKSGIVING LUNCH

Wednesday, November 21 at Noon

RSVP: 508-487-7080 by November 15

Donation: $3 / Rides Available: $1 donation

TREE OF THANKS

Each year we join with the Recreation Department and the children in the after-school program to create a Tree of Thanks in the VMCC lobby. Stop by any time to write something for which you are grateful on a leaf and add it to the tree. Be a part of making our Tree of Thanks grow!

ONGOING PROGRAMS: CALL 508-487-7080 FOR INFO OR TO SIGN UP

TRAVELOGUE

"NEW ZEALAND - NORTH ISLAND"

Wednesday, November 7

@ 1:15 pm

A dvd presentation with host Larry Moodry.
All are welcome. No RSVP necessary.

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm ~ Free!

November 6: " Book Club"

After reading the bestseller *Fifty Shades of Grey*, four lifelong friends are inspired to spice up their lives.
Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen
Comedy, Romance / 2018 / 1hr 44 min / (PG-13)

November 13: "Ocean's 8"

The newest Ocean's film features an all female crew who plan to heist the New York Met Gala.
Sandra Bullock, Cate Blanchett
Action, Comedy / 2018 / 1hr 50 min / (PG-13)

November 20: "Won't You Be My Neighbor"

Learn more about the iconic children's television host Mr. Rogers in this touching documentary.
Documentary / 2018 / 1hr 34 min / (PG-13)

November 27: "Jurassic World: Fallen Kingdom"

When an erupting volcano threatens to kill dinosaurs at the defunct Jurassic World theme park, Owen and Claire return to save them.
Chris Pratt, Bryce Dallas Howard
Action, Sci-Fi / 2018 / 2hr 8 min / (PG-13)

CLASSIC MOVIE OF THE MONTH

"To Sir with Love"

Wednesday, November 28 @ 1:15 pm

An outstanding performance by Sidney Poitier is at the center of this story of a teacher in London's East End.

Drama / 1967 / 1hr 45 min / Not Rated

STAY ACTIVE

CHAIR YOGA with Christine Frisco
PING PONG (call ahead to reserve a time)
STRENGTH TRAINING with Dot Sanderson
STRETCH & STRENGTH with Dot Sanderson
WALK THE HALLS
YOGA with Christine Frisco

CREATE / LEARN

BRAIN GAMES in the Media Center
CRAFTS with RuthE Rogers
DRAWING with Kathi Smith
GRACE NOTES UKULELES with Mary Abt
PAINTING with Steve Kennedy
STORY SWAP with Dan Sanders
TECH HELP/COMPUTER CLASSES with Ed Terrill
TRAVELOGUE with Larry Moodry
WEAVING with Janet Beattie
WRITING CLASSES with Hilde Oleson

RELAX / SOCIALIZE / PLAY A GAME

CARDS & GAMES: BRIDGE / SCRABBLE
KNITTING CIRCLE
LOUNGE: Read, do puzzles, enjoy coffee and more!
RADIO SHOW on WOMR / EVENTS on PTV
WEEKLY MOVIES / CLASSIC MOVIES

BE WELL

VNA CLINIC: ASK-A-NURSE. BLOOD PRESSURE
HEARING EVALUATIONS
PODIATRIST
WELLNESS & RESOURCE PRESENTATIONS

ENJOY A MEAL

"LUNCH BUNCH": LUNCH @ COA
BREAKFAST BUS
OUT TO LUNCH

TAKE A RIDE

HYANNIS
OUT & ABOUT EXCURSIONS
PROVINCETOWN LIBRARY
MEDICAL APPOINTMENTS CAPE-WIDE
STOP & SHOP

GET SUPPORT & ASSISTANCE

COA OUTREACH ~ HOME / OFFICE VISITS
FOOD PANTRY & NUTRITION PROGRAMS
LEGAL ASSISTANCE / MEDICAL EQUIPMENT
MOBILE LIBRARY/ SHINE/ STORM REASSURANCE

JOIN US FOR PROGRAMS AT THE CENTER…

WOMEN'S RADICAL AGING GROUP ***Wednesday, November 7 / 9:00 - 11:30 am***

If you are curious about a radical aging perspective and are willing to share your thoughts and feelings about growing older and to hear from others, come to this gathering. Led by Mary DeRocco, this single session is designed to energize through interactive discussion. It will include a brief guided meditation, time to get acquainted, written reflection and identification of attitudes and behaviors that serve or diminish us as we age. This is a great intro to the 4-week groups that will return in 2019. Free. RSVP by 11/5.

ALTERNATIVE THERAPIES ***Tuesdays, November 13 - December 4 / 9:30 - 11:30 am***

This 4-week series is presented by Loretta Butehorn, PhD, CCH, a psychologist and homeopath who taught at Boston College for over 30 years introducing students to the benefits of alternative medicine. Topics include:

November 13: Overview of Alternative Medicine
November 20: What is Homeopathy?
November 27: Acupuncture
December 4: Meditation, Prayer and Mental Imaging

You can sign up for all or any number of sessions. Classes include ample time for questions. Some will include demonstrations and handouts. Free. RSVP by Friday before each session.

HOW TO REMEMBER NOT TO FORGET ***Wednesday, November 14 @ 1:15 pm***

During this interactive presentation, Joan Houlihan will teach you how to improve your everyday memory as you age, relying on the latest scientific research. Free. No sign-up required.

COMPUTER CLASSES

Computer classes with Provincetown Library volunteer Ed Terrill will start this month. Call by 11/9 to sign up for any of the following three classes: Internet & E-mail / iPad / Microsoft. All are free.

...OR GET "OUT & ABOUT" ON THE SENIOR CENTER BUS!

COFFEE HOUR: COFFEE POT ***Tuesday, November 6 @ 9:30 am***

Coffee / pastry and a visit to Beech Forest. Bus donation: $1. RSVP by 11/5.

BREAKFAST BUS: JACK'S OUTBACK ***Thursday, November 8 @ 8:30 am***

A new favorite in Yarmouth Port (cash only). Bus donation: $5. RSVP by 11/7.

MASHPEE WAMPANOAG INDIAN MUSEUM ***Thursday, November 15 @ 9:30 am***

A guided tour of the Museum devoted to Wampanoag history and culture. Lunch at Persy's Place. Museum fee: $4. Bus: Free! RSVP by 11/8.

SAVORY & ATLANTIC SPICE ***Tuesday, November 20 @ 9:30 am***

Coffee / pastry at Savory with a stop at Atlantic Spice on the way home. Bus donation: $2. RSVP by 11/19.

SHOP ORLEANS ***Monday, November 26 @ 9:00 am***

Errands, appointments, shopping - destinations by request. Lunch at Bangkok Cuisine Thai Restaurant. Bus donation: $5. RSVP by 11/21.

COFFEE HOUR: EAST END MARKETPLACE ***Tuesday, November 27 @ 9:30 am***

Coffee / pastry in town and a drive through the Provincelands. Bus donation $1. RSVP by 11/26.

HOLIDAYS AT HIGHFIELD HALL ***Thursday, November 29 @ 10:00 am***

Elegant vintage pieces at this historic landmark and cultural center in Falmouth along with gorgeous greens, floral plantings, the signature crèche collection and model trains. Shop for handcrafted and unique art in the Gift Gallery. Lunch at the British Beer Co. Admission: $5 (seniors). Bus: Free! RSVP by 11/26

TO RSVP OR FOR MORE INFORMATION: 508-487-7080

Programs are subject to change. Bus donation amounts are suggested. Any contribution is appreciated!

OUTREACH UPDATES Andrea Lavenets

I would like to take this month to remind our community of the food programs that are available for assistance through the Senior Center.

Healthy Meals in Motion:
The Family Pantry of Cape Cod offers a food program called "Healthy Meals in Motion." On the fourth Wednesday of every month, qualifying participants pick food up here at the Senior Center free of charge. This program is unique because it is a full-choice pantry which means that each client is allowed to select products that he or she wants. Food includes canned and packaged goods as well as dairy products, meats and bakery items. Participants must meet income eligibility guidelines and food allotment is based on household size. For more information or to register please call me at 508-487-7080.

Food Pantry at the Senior Center:
Our food pantry is supported by the Lower Cape Outreach Council as well as many volunteers who fill it with food and love. It is open to all ages during business hours. No registration required.

Foods to Encourage:
Lower Cape Outreach Council will return to the Senior Center in November on the 2nd and 4th Fridays of the month from 9:00-11:00. Participants will receive a bag of fresh fruits/vegetables, free recipes, food samples and ideas for healthy eating. No registration required, open to all.

Food Stamps:
The Supplemental Nutrition Assistance Program (SNAP), is a federal nutrition program for low income individuals that can help you stretch your food budget. For more information or to apply please call us at 508-487-7080 and make an appointment with myself or Gosnold social services assistant, Janet Beattie.

With appreciation to...

…all who made our Senior Center Month celebration so much fun: volunteers Amy Howell and Kat Black from Helping Our Women, and Loretta Butehorn and Susan Downey; Julie Knapp at Twisted for donating the ice cream; the Friends of the COA for covering costs, and all of the guests. We especially appreciated the responses to "What the Senior Center means to me" and want you to know what an honor and pleasure it is to serve you.

IN MEMORIAM

It is with great sadness that we acknowledge the death of Buck Harris. Buck both taught and played bridge at the Senior Center for the past three years. His enthusiasm, passion and clear delight in teaching others made him a special instructor and he will be missed.

CALL NOW FOR SHINE!

The Open Enrollment Period for Medicare Plans (Part C) and Prescription Drug Plans (Part D) is *October 15 - December 7, 2018*. It is important to evaluate your Medicare options for 2019 during this period. Our SHINE counselor can assist you with questions and changes. Call now to schedule a free, confidential appointment.

COUNCIL ON AGING BOARD

David Ketchum (Chair)
Penny Sutter (Vice-Chair)
Amy Howell (Clerk)
Chris Asselin
Julie Knapp
Gladys Johnstone (Alternate)

PROVINCETOWN COUNCIL ON AGING MISSION STATEMENT

Since 1972, the Provincetown Council on Aging has been a welcoming resource and activity center for seniors and their families. Our mission is to promote the well-being and independence of older adults by identifying their needs and interests, developing supportive programs, coordinating community services and advocating on their behalf.

*= *Reservation Required*

NOVEMBER 2018

***Bold**=New Program*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APPOINTMENTS ***HEARING*** **508-255-1285** ***MEALS ON WHEELS*** **508-349-2658** ***VETERANS AGT*** **508-487-7099**	**SENIOR CENTER HOURS** **MON-THURS** **8 AM - 5 PM** **FRIDAY** **8 AM - NOON**		**1** Yoga 9:00 Chair Yoga 10:30 **Senior of the Year Lunch* Noon** Grace Notes 4:00 Veterans Agent*	**2** Writing Connection 10:00
5 Hyannis* **Beg/Int Draw* 9:30** Family Stories*10 Stretch & Strength 10:15 Scrabble 1:00	**6** Yoga 9:00 **Out & About* 9:30** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*	**7** **WRAG* 9:00-11:30** **Adv. Draw* 9:30** Strength Training 10:15 BP Clinic11:00-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15	**8** **Breakfast Bus* 8:30** Yoga 9:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*	**9** **Weaving* 9:30** Writing Connection 10:00 **Foods to Encourage 9:00**
12 **CENTER CLOSED** **Veteran's Day** 	**13** Yoga 9:00 **Alternative Therapies 9:30** **Painting* 9:30** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*	**14** Adv. Draw* 9:30 Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Legal Aid* 1:00 **Remember 1:15**	**15** Yoga 9:00 **Out & About* 9:30** Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*	**16** **Veterans Reception* 9:00** Weaving 9:30 Writing Connection 10:00
19 Hyannis/RMV* Beg/Int Drawing* 9:30 Family Stories*10 Stretch & Strength 10:15 Scrabble 1:00 SHINE*	**20** Yoga 9:00 Alt. Therapies 9:30 Painting* 9:30 **Out & About*9:30** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*	**21** Adv. Draw* 9:30 Strength Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:15	**22** **CENTER CLOSED** *Happy Thanksgiving!* *To You And Your Family*	**23** **CENTER CLOSED**
26 **Out & About* 9:00** Beg/Int Drawing* 9:30 Family Stories*10 Stretch & Strength 10:15 Scrabble 1:00 SHINE*	**27** Yoga 9:00 Alt. Therapies 9:30 Painting* 9:30 **Out & About* 9:30** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*	**28** Adv. Draw* 9:30 Strength Training 10:15 Lunch* Noon Knitting 1:00 **Crafts* 1:00** Tech Help 1-2:00 Classic Movie 1:15 SHINE*	**29** Yoga 9:00 **Caregivers Taking Care of Yourself* 10:00** **Out & About* 10:00** Chair Yoga 10:30 Podiatrist*	**30** Weaving 9:30 Writing Connection 10:00

PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

N	Y	H	Q	C	S	K	O	H	F	D	J	M	R	F
M	V	E	T	E	R	A	N	S	A	D	U	E	O	D
U	I	L	S	W	E	S	Q	D	L	U	B	O	L	X
T	U	V	P	W	V	X	E	Y	L	M	D	J	M	J
U	X	T	Z	H	I	W	L	R	E	E	T	C	L	D
A	D	O	S	V	G	T	M	V	V	H	T	P	E	L
J	G	W	V	C	E	Q	O	H	A	I	B	G	A	S
B	N	S	J	C	R	N	P	N	Y	S	C	Y	P	W
D	A	P	P	A	A	Q	K	H	F	E	H	E	P	S
H	O	N	O	R	C	S	R	A	Z	S	K	A	D	B
G	N	I	V	I	G	Y	K	R	E	E	L	R	R	Q
P	R	E	V	O	L	Q	J	V	V	C	E	Q	U	E
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P	Z	A	U	M	L	J	X	T	E	K	Q	I	L	G

NOVEMBER
HONOR
VETERANS
SERVICE
CAREGIVERS
LOVE
FALL
HARVEST
SHARE
FOOD
TURKEY
THANKS
GIVING
AUTUMN
LEAVES