

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

JUNE 2019

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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SENIOR OF THE YEAR

*It is with great pleasure
that we announce the
2019 Provincetown Senior of the Year*

CAROL MACDONALD



Each year, the town recognizes a resident as Senior of the Year for their contributions to the community. Those of you who know Carol will not be surprised by this well-deserved honor. She is perhaps best known for her work with CASAS (Carrie A. Seamen Animal Shelter) over the past 20 years. Her tireless efforts have played a significant role in the shelter's mission to provide support for animals in need. Carol is a lifelong animal lover and rights activist and many can attest to times when she has gone above and beyond to assure the well-being of an animal.

In addition to her involvement with CASAS, Carol has served on the Provincetown Animal Welfare Committee, Conservation Commission and Cultural Council. She was instrumental in efforts to establish a pet shelter as part of the town's emergency shelter plan. Carol has been an active volunteer with the Elder Services Meals on Wheels program, the Provincetown Library and Helping Our Women and is also appreciated for her many acts of kindness to others.

Please join us in congratulating Carol. A luncheon in her honor will be held in the fall and be sure to watch for her in the Fourth of July parade!

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

TRAVELOGUE

JUNE PRESENTATION CANCELLED

We will ***“Cruise the Amazon”***
with host Larry Moodry in July.

JOIN US AT THE MOVIES

WEEKLY

Tuesdays @ 1:00 pm ~ Free!

June 4: “If Beale Street Could Talk”

A man falsely accused of a crime must fight for justice.

Regina King, Kiki Layne, Stephan James
Drama / 2018 / 1 hr 59 min / (R)

June 11: “Vice”

A look at the political career of Dick Cheney.

Christian Bale, Amy Adams
Political Drama / 2018 / 2 hr 12 min / (R)

June 18: “Welcome to Marwen”

A man loses his memory after an attack and struggles to recover from his loss.

Steve Carell, Leslie Mann
Drama / 2018 / 1 hr 56 min / (PG-13)



June 25: “On the Basis of Sex”

Ruth Bader Ginsburg’s battle for equal rights.

Felicity Jones, Armie Hammer
Biography / 2018 / 2 hr / (PG-13)

CLASSIC

Wednesday, June 26 @ 1:15 pm

“Harold and Maude”

A young man obsessed with death learns to live and love.

Ruth Gordon, Bud Cort
Comedy / 1971 / 1 hr 31 min / NR

DOCUMENTARY

Thursday, June 27 @ 9:30 am

“Out Late”

Join us for our LGBT Pride celebration.
See enclosed insert for details.

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

GRACE NOTES UKULELES with Mary Abt
STORY SWAP with Dan Sanders
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson

RELAX / SOCIALIZE / PLAY A GAME

BRIDGE / CHECKERS / CHESS / SCRABBLE
KNITTING CIRCLE
LOUNGE: Read, do puzzles, enjoy coffee and more!
RADIO SHOW on WOMR / EVENTS on PTV
MOVIES (weekly, classic and more!)

BE WELL

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

ENJOY A MEAL

“LUNCH BUNCH”: LUNCH @ SENIOR CENTER
BREAKFAST BUS
OUT TO LUNCH

TAKE A RIDE

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

GET SUPPORT & ASSISTANCE

AARP TAX ASSISTANCE
COA OUTREACH ~ HOME, OFFICE VISITS
EMERGENCY PLANNING ASSISTANCE
FOOD PANTRY & NUTRITION PROGRAMS
LEGAL ASSISTANCE
MEDICAL EQUIPMENT LOAN
MOBILE LIBRARY
SENIOR R.E. TAX ABATEMENT PROGRAM
SHINE
STORM REASSURANCE

JOIN US FOR PROGRAMS AT THE CENTER...

CELEBRATE LGBT PRIDE MONTH WITH COMING OUT STORIES!

LGBT Pride Month began in 1970 in New York following the Stonewall Riots. Today, events throughout the U.S. recognize the accomplishments and contributions of the LGBT community. On Thursday, June 27, we will celebrate with a showing of the documentary "Out Late" followed by an opportunity to share our coming out stories and lunch together. See the enclosed insert for details. Free, open to all. RSVP by 6/24.

HOUSING REHABILITATION PROGRAM *Tuesday, June 4 @ 1:30 pm*



Community Development Partnership will discuss funds for eligible residents for critical home repairs (roofing, siding, electric, heat, plumbing, structural repairs and more). Funding is limited; first come, first served basis. Come in to meet with Terri Barron or call her at 508-240-7873 x 14.

TAKE CONTROL OF YOUR LIFE *Thursday, June 20 @ 1:30 - 2:30 pm*

Sponsored by the Massachusetts Bar Association and co-hosted by the Provincetown and Truro COA's, Attorney Ashley Dotchin will provide information on: health care proxies, wills, powers of attorney, Medicaid/Medicare, alternatives to nursing facilities, guardianship. Includes Q&A time. Free, open to all.

MEN'S HEALTH TALK *Friday, June 21 @ 10:00 am*

Charles Altieri, BSN, RN of the Visiting Nurse Association, will host a discussion covering the 10 top health risks for men, tips for a healthy life and important health tests and screenings. Come learn how to be your healthiest self and bring questions. Free, open to all.

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

BREAKFAST BUS: HANGAR B EATERY *Thursday, June 6 @ 8:30 am*

Popular Chatham Airport café with runway views. Bus donation: \$5. RSVP by 6/4.



OUT AND ABOUT: ORLEANS *Monday, June 10 @ 9:00 am*

Errands, appointments, shopping... destinations by request. Bus donation: \$5. RSVP by 6/7.

COFFEE HOUR: THE FLYING FISH *Tuesday, June 11 @ 9:00 am*

Coffee/pastry in Wellfleet then a drive to local beaches. Bus donation: \$3. RSVP by 6/10.

COAST GUARD HERITAGE MUSEUM: BARNSTABLE VILLAGE *Thursday, June 13 @ 9:30 am*

Located in the historic Customhouse, dedicated to the preservation of U.S. Coast Guard history, two floors of exhibits. Lunch at Old Yarmouth Inn. Museum admission: \$5. Bus donation: free. RSVP by 6/10.

COFFEE HOUR: SAVORY & THE SWEET ESCAPE *Tuesday, June 18 @ 9:00 am*

Coffee/pastry in Truro then a drive to local beaches. Bus donation: \$2. RSVP by 6/17.

OUT TO LUNCH: THE MARSHSIDE *Thursday, June 20 @ 10:30 am*

In East Dennis overlooking scenic Sesuit Creek, a casual dining experience. Bus donation: \$2. RSVP by 6/17.

LAMBERT'S FARM MARKET *Monday, June 24 @ 9:00 am*

Lambert's in Sandwich offers groceries, deli, take-out, butcher shop, homemade baked goods, specialty foods, artisan breads and more. Lunch at the indoor café. Bus donation: \$5. RSVP by 6/21.

HERITAGE MUSEUM & GARDENS *Thursday, June 27 @ 9:00 am*

100 acres of magnificent grounds, walking trails and exhibits on the banks of Shawme Pond in Historic Sandwich. Transportation for visitors with mobility challenges provided at fixed stops throughout the grounds. Lunch at Fisherman's View. Museum admission: \$15. Bus donation: free. RSVP by 6/25.

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

We all get them...multiple telephone calls every day from telemarketers. We can't stop them completely but there are ways to protect ourselves from becoming a victim of fraud.

How to avoid scams:

- *If you are not absolutely sure you recognize an incoming call, do not answer it. Let it go to voicemail or your answering machine.
- *Don't send money orders, prepaid cards, or gift cards to people you don't know. Legitimate companies and the government don't ask for payment this way.
- *If a company tells you over the phone that your computer has a virus or needs protection, take your computer to a trusted repair shop.
- *If you get a call or e-mail claiming that a loved one needs emergency money, call the loved one in case the request is a scam.
- *Don't give your personal information - Social Security, credit card, bank account numbers - to people you don't know who contact you, even if they claim to be with a company you know, like your bank.
- *If your bank or credit card company calls you to confirm or provide personal information, like account numbers, Social Security numbers or your date of birth, hang up and call the company back at a phone number you have obtained from a reputable source.
- *Ask for written materials before you commit yourself to any sales offer.
- *Walk away from a "deal" if you are being pressured to make an immediate decision.

And remember... it is okay to hang up the telephone on someone who you do not know!

If you are concerned about a call or feel you may have been scammed, contact the Police Department at 508-487-1212.

With appreciation to...



...to all who made our annual Creative Arts Show such a success. Over 75 guests enjoyed this special event, this year with ukulele accompaniment by the Grace Notes group. We are so proud of the students and grateful to our instructors.

...Dowell Multer for a special presentation on antique pianos. What a rare opportunity to learn about the instrument from such a remarkable craftsman as well as enjoy beautiful music.

...Hilde Oleson for creating "Poetry is Not Just Words" in honor of National Poetry Month and to all who contributed to this unique multi-media event. So inspiring to look at something through new eyes.

...Jen Shannon for offering Mindfulness Meditation and to Judy Marsh for the Stress Management series, helping us enjoy the moment and relax in this fast moving world. Breathe...

...Julia Perry for her work and presentation on the Underground Railroad in Provincetown, honoring this piece of our rich history.

...Terri Conti for entertaining us on accordion and piano last month. We are so fortunate to be able to enjoy such an accomplished musician.

RETIRING A FLAG

Veterans Agent Shawney Carroll has placed a box in the VMCC lobby for retired flags. Please bring in your used flags and she will see that they are disposed of properly.

COUNCIL ON AGING BOARD

- David Ketchum (Chair)
- Penny Sutter (Vice-Chair)
- Chris Asselin (Clerk)
- Julie Knapp
- Deb Meadows



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

JUNE 2019

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 ³ Stretch & Strength 10:15 WOMR Show 12:30 92.1 FM	Yoga 9:00 ⁴ Movie 1:00 Bridge 1:00 CDP 1:30 Stop & Shop* 1:00 Veterans Agent	Strength Training ⁵ 10:15 BP Clinic 11 - 1:00 Lunch* Noon Knitting 1:00 COA Board 1:30	Breakfast Bus* ⁶ 8:30 Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00 Veterans Agent*	Writing ⁷ Connection 10:00
Out & About* ¹⁰ 9:00 Stretch & Strength 10:15 SHINE*	Out & About* ¹¹ 9:00 Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Strength Training ¹² 10:15 Lunch* Noon Knitting 1:00	Out & About* ¹³ 9:30 Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00 Veterans Agent* Podiatrist*	Writing ¹⁴ Connection 10:00 Foods to Encourage 9:00-11:00
Hyannis/RMV* ¹⁷ 8:30 Stretch & Strength 10:15 SHINE*	Out & About* ¹⁸ 9:00 Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Strength Training ¹⁹ 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:15	Yoga 9:00 ²⁰ Chair Yoga 10:30 Out to Lunch* 10:30 Legal Talk* 1:30 Grace Notes 3:00 Veterans Agent*	Writing ²¹ Connection 10:00 Men's Health 10:00
Out & About* ²⁴ 9:00 Stretch & Strength 10:15 SHINE*	Yoga 9:00 ²⁵ Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Strength Training ²⁶ 10:15 Lunch* Noon Knitting 1:00 Classic Movie 1:15	Out & About* ²⁷ 9:00 Yoga 9:00 Pride Month* 9:30 Chair Yoga 10:30 Grace Notes 3:00 Veterans Agent* Podiatrist*	Writing ²⁸ Connection 10:00 Foods to Encourage 9:00-11:00
APPOINTMENTS HEARING EVALS 508-255-1285 MEALS ON WHEELS 508-349-2658 VETERANS AGENT 508-487-7099	 <i>Happy LGBT Pride Month!</i>	LUNCH BUNCH Wednesday lunches require an RSVP no later than the Friday before: 508-487-7080	<i>Enjoy the Portuguese Festival!</i> 	SENIOR CENTER HOURS MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON



PROVINCETOWN COUNCIL ON AGING
 2 MAYFLOWER STREET
 PROVINCETOWN, MA 02657

PRSRT STD
 PERMIT #16
 PROVINCETOWN
 02657 MA

WORDOKU



		SWIM		HAZY	
HOT	SUN			BEACH	
SAND			HAZY		
	HAZY	SUN		SAND	
SUN		HOT			
HAZY				HOT	BEACH

The basic rules are the same as regular Sudoku, but with words instead of numbers: fill every row, column and 2x3 region with each given word exactly once.

BEACH
HAZY
HOT
SAND
SUN
SWIM