PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

MAY 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

Follow us on Facebook!

Welcome to Coastlines!

"Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2019 is ***Connect, Create, Contribute***, encouraging older adults and their communities to:

⇒ ***Connect*** with friends, family and services that support participation.
⇒ ***Create*** by engaging in activities that promote learning, health and personal enrichment.
⇒ ***Contribute*** time, talent and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives." (https://acl.gov/oam/2019/older-americans-month-2019)

What a wonderful way to acknowledge the important part each of you plays in making our community so special. The staff at the Senior Center is honored to partner with you to support you in enjoying a full life.

The Center is your place to ***connect*** and we offer a myriad of programming options. If you have ideas for something new, just let us know. Many of these programs stimulate ***creativity,*** whether it's in the arts or learning a new skill. As for ***contribution***, we acknowledged our volunteers last month as a way of thanking them for their time, energy and commitment. We celebrate all of you this month.

Speaking of creativity, see Page 3 and the insert for some exciting new programs, including our

ANNUAL CREATIVE ARTS SHOW

THURSDAY, MAY 2 ~ 4:00 - 6:00 PM

It's a fun way to spend an afternoon enjoying the work of students in Senior Center arts classes. Come show your support and maybe get inspired to try something new yourself. We hope to see you there!

~ Chris

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

TRAVELOGUE

"THE GRANDEUR OF LENINGRAD"

Wednesday, April 1 @ 1:15 pm

A dvd presentation with host Larry Moodry.

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm ~ Free!

May 7: " Can You Ever Forgive Me?"

Based on the life of writer Lee Israel, a successful celebrity biographer turns to forgery to make a living.
Melissa McCarthy, Richard E. Grant
Drama / 2018 / 1 hr 46 min / (R)

May 14: "BlacKkKlansman"

Based on the true story of the first African-American detective in the Colorado Springs Police Department who worked to expose the Ku Klux Klan.
John David Washington, Adam Driver
Drama / 2018 / 2 hr 15 min / (R)

May 21: "The Favourite"

In 18th-century England, the relationship between Queen Anne and her close friend, Lady Sarah, is threatened by a new servant.
Olivia Colman, Rachel Weisz
Drama / 2018 / 1 hr 59 min / (R)

May 28: "Free Solo"

Alex Honnold attempts to become the first person to ever free solo climb Yosemite's El Capitan.
Documentary / 2018 / 1 hr 37 min / (PG-13)

CLASSIC MOVIE OF THE MONTH

"Anastasia"

Wednesday, May 29 @ 1:15 pm

A young woman claims to be the Russian Grand Duchess Anastasia.
Ingrid Bergman, Yul Brynner
Drama / 1956 / 1 hr 45 min / NR

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
TECH HELP / COMPUTER CLASSES with Ed Terrill
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…

MANAGING LIFE STRESS ***Mondays, May 6, 13 & 20 @ 1:00 pm***

Everyday life has its stressors; even happy occasions can be stressful. This relaxed, fun workshop series will focus on the knowledge and skills needed to recognize and manage stress. Facilitated by Judith Marsh, Ph.D., Health Psychologist and Educator. Come for one, two or all three sessions. Free. RSVP by 5/2.

MUSIC SALON ***Wednesday, May 8 @ 1:30 pm***

Terry Conti returns to dazzle and delight all with her amazing talent on accordion and piano. Free.

UNDERGROUND RAILROAD ***Monday, May 13 @ 10:00 am***

For many years there have been stories of safe houses in Provincetown that were part of the Underground Railroad. Now a document has been discovered that may offer proof of the truth of those stories. Julia L. Perry, Chair of the Historical Commission and Provincetown History Project volunteer, talks about that discovery. Free.

WOMEN'S RADICAL AGING GROUP ***Wednesday, May 15 @ 9:00 - 11:30 am***

A 4-week interactive discussion group, ***Wednesdays, May 22-June 5 @ 9:30 - 11:30 am***
led by Mary DeRocco, designed to energize us as we explore our aging experience through our story, our body, our voice, our community. Free. Space is limited so call now. Registration required by May 6.

TICK TALK ***Wednesday, May 22 @ 1:30 pm***

Cape Cod is one of the most dangerous places to live in terms of tick-borne diseases but the good news is there's lots you can do to protect yourself. This dynamic presentation with entomologist Larry Dapsis will present the latest information, strategies and products that can keep you and your pets safe from harm. Free.

"HEAL" ***Thursday, May 30 @ 1:00 pm***

This documentary explores people's potential to heal themselves. It includes interviews with scientists and spiritual healers. There will be time for discussion following the film. Free.

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

COFFEE HOUR: BEECH FOREST ***Tuesday, May 7 @ 9:00 am***

Coffee/pastry at the Coffee Pot then a trip to Beech Forest. Bus donation: $1. RSVP by 5/6.

BREAKFAST BUS: THE BREAKFAST ROOM ***Thursday, May 9 @ 8:30 am***

Homey eatery in West Dennis serving up classic American breakfasts. Bus donation: $5. RSVP by 5/1.

ORLEANS GARDEN SHOPS ***Monday, May 13 @ 9:00 am***

Shopping at The Farm, Agway, Friends' Marketplace; others by request. Bus donation: $5. RSVP by 5/9.

CENTERVILLE HISTORICAL MUSEUM ***Thursday, May 16 @ 9:30 am***

A 14-room museum of historical/contemporary arts, crafts, artifacts including 18-20th century gowns, costumes, uniforms. Late breakfast/early lunch first at The Mills. Museum admission: $7. Bus donation: free. RSVP by 5/13.

COFFEE HOUR: SAVORY & THE SWEET ESCAPE ***Tuesday, May 21 @ 9:00 am***

Coffee/pastry in Truro then a drive to local beaches. Bus donation: $2. RSVP by 5/20.

OUT TO LUNCH: JACK'S OUTBACK ***Thursday, May 23 @ 10:30 am***

A favorite hidden gem in Yarmouth Port. Bus donation: $5. RSVP by 5/21.

RED MAPLE SWAMP, SKIFF HILL & FORT HILL: EASTHAM ***Thursday, May 30 @ 9:00 am***

A popular birdwatching spot, this 1.5 mile series of connected pathways lead across fields, forests and the edge of Nauset Marsh. The Red Maple Swamp Trail contains a boardwalk loop, which is wheelchair accessible, or enjoy beautiful views from the bus. Lunch at The Brickhouse. Bus donation: $5. RSVP by 5/29.

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

Are you or someone you know turning 65
or thinking about retiring?

SHINE can help! Every day there are 10,000 baby boomers turning 65 who are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty.

How do you get the Medicare benefit? Can you defer Medicare without penalty? Are you going to continue to work past 65? Are you contributing to an HSA (Health Saving Account) and how does that work with Medicare? Each situation is unique, and you want to make the best decisions for you. SHINE (Serving the Health Insurance Needs of Everyone) counselors can sit down with you and go over your situation and all your Medicare options. SHINE counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help Medicare beneficiaries navigate the complex health insurance system for free. If you or someone you know will be turning 65 soon please call the Senior Center at 508-487-7080 to make an appointment with a SHINE counselor or call the Regional SHINE Office, Barnstable County Department of Human Services at 508-375-6762.

For those already on Medicare remember that you should see a SHINE counselor every year during Open Enrollment (October 15—December7) to make sure that the plan you are currently on is fitting your unique needs.

If you are receiving medical bills and are unable to afford them or are having trouble understanding them, please feel free to give me a call at 508-487-7080. I am happy to review them for you and refer you to any programs that may assist you.

With appreciation to...

...Gladys Johnstone who has stepped down as the COA Board Alternate Member after 20 years of service in multiple roles at the Senior Center. We are so grateful for her many contributions which have helped to create a vibrant, welcoming Center.

...the AARP Foundation volunteers who offered free tax assistance this season. It's an invaluable service.

…Carolyn Kramer for donating the fun, colorful flowers decorating our dining room just in time for spring.

...all who signed up for the MCOA Walk Massachusetts Challenge. Be sure to keep track of your progress and give yourself a pat on the back for taking steps to stay healthy and fit. Staff is walking, too, so stop by and let us know how you're doing!

LEGAL SERVICES

- On Friday, May 10, WE CAN will offer free legal consultations to women of all ages in the areas of Tenant/Landlord issues and Family Law at the VMCC. 30-minute consults provide information and guidance on specific legal issues. For an appointment, call WE CAN at 508-430-8111.
- South Coast Counties Legal Services provides free legal consultations with an Elder Law attorney to residents 60+ years of age every other month. *The next date will be June 3*. Appointments required: 508-487-7080.

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*

MAY 2019

Bold=*New Program*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APPOINTMENTS ***HEARING EVALS*** **508-255-1285** ***MEALS ON WHEELS*** **508-349-2658** ***VETERANS AGENT*** **508-487-7099**	**SENIOR CENTER HOURS** **MON-THURS** **8 AM - 5 PM** **FRIDAY** **8 AM - NOON**	**1** Strength Training 10:15 BP Clinic 11:00 - 1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15 COA Board 1:30	**2** Yoga 9:00 Chair Yoga 10:30 Mindfulness 1:30 Grace Notes 3:00 Veterans Agent* **ART SHOW 4-6:00**	**3** Writing Connection 10:00
6 Hyannis* 8:30 Stretch & Strength 10:15 WOMR Show12:30 92.1 FM **Stress Management* 1:00**	**7** **Out & About* 9:00** Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	**8** Strength Training 10:15 Lunch* Noon **Music Salon 1:30** Knitting 1:00 Tech Help 1-2:00	**9** Yoga 9:00 **Breakfast Bus* 8:30** Chair Yoga 10:30 Mindfulness 1:30 Grace Notes 3:00 Veterans Agent* Podiatrist*	**10** **WE CAN legal Services* 9:00** Writing Connection 10:00 Foods to Encourage 9:00-11:00
13 **Out & About* 9:00** **Underground Railroad 10:00** Stretch & Strength 10:15 Stress Management* 1:00 SHINE*	**14** Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	**15** **WRAG* 9:00** Strength Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:15	**16** Yoga 9:00 **Out & About* 9:30** Chair Yoga 10:30 Mindfulness 1:30 Grace Notes 3:00 Veterans Agent*	**17** Writing Connection 10:00
20 Hyannis/RMV* 8:30 Stretch & Strength 10:15 Stress Management* 1:00 SHINE*	**21** **Out & About* 9:00** Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	**22** WRAG* 9:30 Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 **Tick Talk 1:30**	**23** Yoga 9:00 Mindfulness **Out to Lunch* 10:30** Chair Yoga 10:30 Mindfulness 1:30 Grace Notes 3:00 Veterans Agent* Podiatrist*	**24** Writing Connection 10:00 Foods to Encourage 9:00-11:00
27 **CENTER CLOSED** memorial DAY	**28** Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	**29** WRAG* 9:30 Strength Training 10:15 Lunch* Noon Knitting 1:00 Classic Movie 1:15	**30** Yoga 9:00 **Out & About* 9:00** Chair Yoga 10:30 **Heal 1:00** Grace Notes 3:00 Veterans Agent*	**31** Writing Connection 10:00

PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

DO YOU KNOW?

Can you name each painting, sculpture and poem's title and creator?

(1) He kindly stopped for me.

(2) I rise
I rise
I rise

(3) And that has made
all the difference

(4) And all the men and women merely players

(5) Hold fast to dreams