

# PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER  
2 Mayflower Street  
Provincetown, MA 02657

## SEPTEMBER 2019

CHRIS HOTTLE, MSW - *DIRECTOR*  
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RICK SHAW - *PROGRAM COORDINATOR*  
NANCY DOOLEY - *COOK / MEAL COORDINATOR*  
CARLA MANCINO - *PROGRAM ASSISTANT*

*The Place to Connect!*

**508-487-7080**

[www.provincetown-ma.gov](http://www.provincetown-ma.gov)

*Follow us on Facebook!*

## *Welcome to Coastlines!*

September is National Senior Center Month and this year's theme is *Senior Centers: The Key to Aging Well!*. This national celebration began in 1979 with Senior Center Week. It gained momentum with support from the full Senate and the House Select Committee on Aging until the National Institute of Senior Centers (NISC) declared the entire month of September as Senior Center Month in 2007.

The Senior Center is here to support you in aging well by providing programs and services that offer opportunities for social connection and engagement. So try out our programs, call us when you need support and tell us how we can serve you better.

We will celebrate Senior Center Month with a treats and games party. Join us for a fun afternoon and bring a friend or make new ones. We look forward to seeing you! ~Chris



*Let's celebrate National Senior Center Month!*

**ICE CREAM SUNDAE**

**& FRUIT BAR**

**& (NEW THIS YEAR!) GAMES**

**MONDAY, SEPTEMBER 23**

**2:00 PM**

*Free ~ Rides available*

*RSVP by September 18: 508-487-7080*



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



**TRAVELOGUE**  
***EXOTIC THAILAND***  
***“LAND OF SMILES”***

*Wednesday, September 4 @ 1:15 pm*

A dvd presentation with host Larry Moodry.

**JOIN US AT THE MOVIES**

**WEEKLY**

*Tuesdays @ 1:00 pm ~ Free!*

**September 3: “Widows ”**

Four thieves are killed during a heist and their widows unite to finish the job.

Drama / 2018 / 2 hr 9 min / (R)

**September 10: “Hunter Killer”**

Navy Seals must save Russia’s President.

Action / 2018 / 2 hr 2 min / (R)

**September 17: “Captain Marvel”**

Two alien races reach Earth and Captain Marvel must save the day.

Fantasy / 2019 / 2 hr 4 min / (PG-13)



**September 24: “Amazing Grace”**

40 years ago Aretha Franklin gave two incredible performances at a Baptist Church in L.A.

Documentary / 2018 / 1 hr 29 min / (G)

**CLASSIC**

*Wednesday, September 18 @ 1:15 pm*

**“The Sound of Music”**

Julie Andrews plays the governess to the VonTrapp children.

Family / 1965 / 2 hr 52 min / (G)

**DOCUMENTARY**

*Wednesday, September 25 @ 1:15 pm*

**“I Am”**

A director’s spiritual journey that began by asking the question, “What’s wrong with the world?”

Documentary / 2010 / 1 hr 18 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*
- 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*

**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...

### FALL RISK SCREENINGS *Wednesday, September 4 / 11:00 am - 1:00 pm*

A VNA registered physical therapist will offer balance screenings and teach you how to improve your balance and prevent falls. Free, 15-minute appointments. Registration required by 9/3.

### HOUSING REHABILITATION PROGRAM *Tuesday, September 10 @ 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 ext. 14.

### DROP-IN CONVERSATION ON RADICAL AGING *Tuesday, September 17 @ 10:00 am*

Take this opportunity to join the conversation on Radical Aging, a first step in experiencing aging is open to artistic interpretation. Simple group guidelines provide a safe place to share your experience of aging through creative work or through telling our life experience. Facilitated by Mary DeRocco. Everyone welcome!

### ALTERNATIVE APPROACHES TO ENHANCED HEALTH *Thursdays beginning 9/26 @ 1:00*

A 4-week drop-in seminar on topics such as acupuncture, chiropractic, homeopathy, massage, body work, meditation and spirituality. Loretta Butehorn, PhD is a psychologist and homeopath. Before moving to Provincetown full-time in 2018, she taught Health Psychology and Alternative Medicine at Boston College for over 30 years. Call a few days before each session to find out the topic or just drop in.

### FOODS TO ENCOURAGE *2nd & 4th Fridays from September through June / 9-11:00 am*

A free nutritional program open to all Provincetown residents sponsored by the Lower Cape Outreach Council. Cooking demo with samples, recipes and a bag of fresh produce. No registration, just drop in!

### BURIED IN TREASURES *Tuesdays @ 1:30 pm beginning October 15*

Carol Bishop will lead this action-oriented group based on the book of the same title for people concerned about collecting or hoarding. In this 14-session group, you will gain support, learn strategies to de-clutter and ways to change behaviors. Free, confidential. Registration required: call Andrea at the COA at 508-487-7080 by 10/8.

### MASSACHUSETTS COUNCILS ON AGING WALK MASSACHUSETTS CHALLENGE

The walking challenge is coming to an end on September 30. Be sure to submit your journals to us by October 4. Congratulations for finishing the Challenge and thank you for walking!

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

### BREAKFAST BUS: GRUMPY'S RESTAURANT *Thursday, September 5 @ 9:00 am*

An East Dennis favorite. Bus donation: \$5. RSVP by 9/3.

### WHALE WATCH: DOLPHIN FLEET *Monday, September 9 @ 9:00 am*

A 3 - 4 hour trip to Stellwagen Bank National Marine Sanctuary guided by an experienced naturalist. On board galley. Tickets: \$53. Bus donation: free. RSVP by 9/5.

### DEXTER GRIST MILL & HOXIE HOUSE *Thursday, September 12 @ 9:00 am*

A narrated tour of a fully restored 17th century house in Sandwich. Lunch at Fishermen's View. Museum admission: \$12 for both plus a bag of cornmeal. Bus donation: free. RSVP by 9/9.

### OUT TO LUNCH: BRAX LANDING *Thursday, September 19 @ 10:30 am*

Overlooking scenic Saquatucket Harbor in Harwich. Bus donation: \$5. RSVP by 9/17.

### LONG PASTURE WILDLIFE SANCTUARY *Thursday, September 26 @ 10:00 am*

Explore 2.5 miles of trails and the Nature Center at Long Pasture Wildlife Sanctuary in Barnstable. Lunch at Dolphin Restaurant. Admission: \$3 (seniors). Bus: free. RSVP by 9/24.

### OUT & ABOUT: ORLEANS *Monday, September 30 @ 9:00 am*

Any destination by request. Lunch at the Beacon Room. Bus donation: \$5. RSVP by 9/27.



**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**

Real Estate Tax Exemptions in Massachusetts

As a resident of Provincetown, you may qualify for a tax exemption. An exemption releases an individual from the requirement to pay all or a portion of his/her property tax obligations. Also, Massachusetts allows you to defer your taxes if you are 65 years or older and meet certain ownership, residency, and income/asset qualifications.

As of July 1 of the tax year:

Clause 17D—Surviving Spouse, Minor Child or

Elderly Person: An individual must be either (1) a surviving spouse or minor child who owns and occupies the property as his or her domicile; or (2) a person at least 70 years old who has owned and occupied the property as his or her domicile for at least 5 years.

Clause 18—Age, Infirmary, and Poverty: An individual must be at least 65 years old and must be able to document medical and financial hardship.

Clause 22—Veterans: An individual must have lived in MA for at least 5 years or must have been domiciled in MA for at least 6 months prior to entering the service and must be either (1) a veteran or spouse (or his or her surviving spouse who remains unmarried) who has a service connected disability of at least 10% (as verified by the VA) or was awarded the Purple Heart, or (2) parent of a service member who lost his or her life during wartime.

Clause 37A—Blind Persons: The blind individual must own the property and occupy it as his or her primary domicile. A certificate from the Commission for the Blind must be provided annually with the application for the exemption.

Clause 41C—Elderly Persons: An individual must be 65 years old, must have owned and occupied any property for at least 5 years, and must have been continuously domiciled in MA for at least the 10 preceding years.

\*Exemptions listed above have varying income and asset tests. Applications must be filed annually with the Assessor’s Office. **Please call me at 508-487-7080 for further information if you are interested in applying.**

*With appreciation to...*



...our Police Department who once again hosted a fun summer cookout. This event is so special, not just for the great food and company but for the opportunity to get to know our dedicated officers. Thanks to all!

...the Friends of the Provincetown COA for their fundraising efforts that support our programs. They invite you to their annual bake sale at the Firehouse on Saturday, August 31, 10:00 am-3:00 pm.

**LEGAL SERVICES**

- On Friday, September 13, 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. Appointments required: 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 October 7. Call the Senior Center to schedule an appointment.

**NOTICE**

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**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

# SEPTEMBER 2019

**Bold=New**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CENTER</b> <sup>2</sup> <b>CLOSED</b></p> <p><b>HAPPY LABOR DAY</b></p>	<p>Yoga 9:00 <sup>3</sup> Movie 1:00 Bridge 1:00 Stop &amp; Shop* 1:00 Veterans Agent</p>	<p>Strength Training <sup>4</sup> 10:15 <b>Fall Prevention*</b> <b>11-1:00</b> Lunch* Noon Travelogue 1:15 Knitting 1:00</p>	<p><b>Breakfast Bus*</b> <sup>5</sup> <b>9:00</b> Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00</p>	<p>Writing <sup>6</sup> Connection 10:00</p>
<p><b>Out &amp; About*</b> <sup>9</sup> <b>9:00</b> Stretch &amp; Strength 10:15 Senior Center Show WOMR 12:30 pm 92.1 FM</p>	<p>Yoga 9:00 <sup>10</sup> Movie 1:00 Bridge 1:00 Stop &amp; Shop* 1:00 <b>Housing Rehab</b> <b>1:30</b> Veterans Agent*</p>	<p>Strength Training <sup>11</sup> 10:15 Lunch* Noon Knitting 1:00</p>	<p><b>Out &amp; About*</b> <sup>12</sup> <b>9:00</b> Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00 Podiatrist*</p>	<p><b>WE CAN*</b> <sup>13</sup> <b>Foods to Encourage</b> 9:00-11:00 Writing Connection 10:00</p>
<p>Hyannis/RMV* <sup>16</sup> 8:30 Stretch &amp; Strength 10:15 SHINE*</p>	<p>Yoga 9:00 <sup>17</sup> <b>Radical Aging Drop In 10:00</b> Movie 1:00 Bridge 1:00 Stop &amp; Shop* 1:00 Veterans Agent*</p>	<p>Strength Training <sup>18</sup> 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Classic Movie 1:15</p>	<p><b>Out to Lunch*</b> <sup>19</sup> <b>10:30</b> Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00</p>	<p>Writing <sup>20</sup> Connection 10:00</p>
<p>Stretch &amp; <sup>23</sup> Strength 10:15 <b>Senior Center Month Celebration*</b> <b>2:00</b></p>	<p>Yoga 9:00 <sup>24</sup> Movie 1:00 Bridge 1:00 Stop &amp; Shop* 1:00 Veterans Agent*</p>	<p>Strength Training <sup>25</sup> 10:15 Lunch* Noon Knitting 1:00 Documentary 1:15</p>	<p><b>Out &amp; About*</b> <sup>26</sup> <b>10:00</b> Yoga 9:00 Chair Yoga 10:30 <b>Alt. Health 1:00</b> Grace Notes 3:00 Podiatrist*</p>	<p><b>Foods to Encourage</b> <sup>27</sup> <b>9:00-11:00</b> Writing Connection 10:00</p>
<p><b>Out &amp; About*</b> <sup>30</sup> <b>9:00</b> Stretch &amp; Strength 10:15</p>	<p><b><u>SENIOR CENTER HOURS</u></b> <b>MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</b></p>		<p><b>Wednesday lunches require an RSVP no later than noon on the Friday before: 508-487-7080</b></p>	<p><b><u>APPOINTMENTS</u></b> <b><u>HEARING EVALS</u></b> 508-255-1285  <b><u>MEALS ON WHEELS</u></b> 508-349-2658  <b><u>VETERANS AGENT</u></b> 508-487-7099</p>



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSR STD  
PERMIT #16  
PROVINCETOWN  
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## REBUS PUZZLES

A **REBUS** is a picture representation of a name, work, or phrase.

Each "rebus" puzzle box below portrays a common word or phrase.

Can you guess what it is?

ACCAUGHTT

PLEASE

EXAMPLE :

DEAL

DOOR

ORDER

"BIG DEAL"

Answers are available by  
calling the Senior Center.