

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

AUGUST 2019



CHRIS HOTTLE, MSW - *DIRECTOR*
ANDREA LAVENETS - *OUTREACH COORDINATOR*
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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

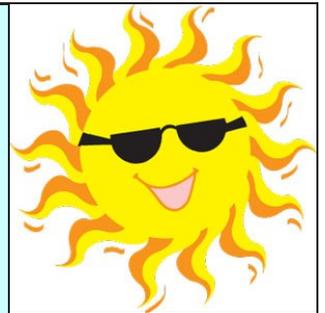
www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

Our traditional August poem for these lazy days of summer.

Enjoy!



In August when the days are hot,

I like to find a shady spot

and hardly move a single bit

and sit

and sit

and sit

and sit.



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



TRAVELOGUE

“INCA TREK IN PERU”

Wednesday, August 7 @ 1:15 pm

A dvd presentation with host Larry Moody.

JOIN US AT THE MOVIES

WEEKLY

Tuesdays @ 1:00 pm ~ Free!

August 6: “Aquaman”

Adventures of the half-human, half-Atlantean called Aquaman.

Fantasy / 2018 / 2 hr 23 min / (PG-13)

August 13: “Bad Times at the El Royale”

A run down hotel hosts a mixture of unique characters all with a secret.

Drama / 2018 / 2 hr 21 min / (R)



August 20: “Tea with the Dames”

Dames Judi Dench, Joan Plowright, Maggie Smith and Eileen Atkins discuss their careers.

Documentary / 2018 / 1 hr 21 min / (NR)

August 27: “The Leisure Seeker”

A couple travels from Boston to Key West in an old RV.

Drama / 2017 / 1 hr 52 min / (R)

CLASSIC

Wednesday, August 21 @ 1:15 pm

“National Lampoon’s Vacation”

Summer misadventures with the Griswolds.

Chevy Chase, Beverly D’Angelo

Comedy / 1983 / 1 hr 39 min / R

DOCUMENTARY

Wednesday, August 28 @ 1:15 pm

“Hamilton: One Shot to Broadway”

The making of the musical “Hamilton”.

Documentary / 2017 / 1 hr 14 min / PG

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 Moody

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



GET "OUT & ABOUT" THIS SUMMER ON THE SENIOR CENTER BUS!



BREAKFAST BUS: TOP MAST CAFÉ Thursday, August 8 @ 9:00 am

Great food, friendly staff at this beachfront café on Beach Point in Truro.

Bus donation: \$2. RSVP by 8/6.

OUT TO LUNCH: MAC'S ON THE PIER Thursday, August 15 @ 11:00 am

Enjoy a wide variety of food at picnic tables from this clam shack on Wellfleet harbor.

Bus donation: \$3. RSVP by 8/13.

CAHOON MUSEUM Thursday, August 29 @ 9:00 am

Visit this Cotuit museum to view the exhibit *Exquisite Shells: The Art of Sailors' Valentines*, a unique and intricate art form finely crafted from seashells. Lunch at The Mills restaurant in Marston Mills.

Museum admission: \$8 (seniors). Bus donation: free. RSVP by 8/26.

HYANNIS TRIPS Monday, August 5 & 19 @ 8:30 am

Ride with us to Hyannis for morning medical appointments and shopping at several popular locations such as the Cape Cod Mall, K-Mart Mall, Home Depot, TJ Maxx and Trader Joe's. On the 19th, we will be making a trip to the Massachusetts Registry of Motor Vehicles in Yarmouth as well.

Bus donation: \$8. RSVP by noon on the Friday before the trip.



Thursday, August 22
Noon



We invite you to join us for our annual
end-of-the-summer party with the children in the
Provincetown Recreation Department's summer program.

Enjoy pizza, popsicles and a magic show~ lots of laughs for people of all ages!

Free. Rides available. RSVP by August 19: 508-487-7080.

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 LavenetsDeaf and Hard of Hearing Placards

Are you a deaf or hard of hearing driver? The Massachusetts Commission for the Deaf and Hard of Hearing is distributing placards to the deaf and hard of hearing community and law enforcement to help with the communication barrier between the two groups. The placard is kept above your driver's side sun visor. If you are pulled over by a police officer, the placard shows you how to interact, with pictures which help both of you to communicate better. A limited number of cards are available in our office for motorists who need them and can be picked up during business hours. They are also available in the Provincetown Police Department's lobby, which is open 24/7.

Handicap Placards

Disability plates and placards allow people with disabilities to park vehicles in designated parking spaces and at meters without paying fees or penalties. Disability license plates are issued for cars and motorcycles. Placards are displayed on the rearview mirror and are issued to qualified residents on a temporary and permanent basis.

To apply for a disability plate or placard you must complete an Application for Disabled Parking. Your healthcare provider will have to fill out a section to verify your disability. If applying for a Disabled Veteran plate, you will also need a Disabled Veteran plate letter (RMV35A) from the Veterans Administration. Once complete, it needs to be mailed to the Registry of Motor Vehicles, Medical Affairs Unit, allowing at least 30 days to process. A disability placard has no fee whereas a Disability Passenger Plate fee is \$60 every 2 years.

If you or someone you know could benefit from having a Disability placard, please call me at 508-487-7080 and I can give you an application.

With appreciation to...

...all who helped celebrate LGBT Pride Month by sharing your stories with others. It was inspiring and fun. Watch for more opportunities to get together in the fall! ...nutritionist Barbara Blackwell and Lower Cape Outreach Council for offering Foods to Encourage again this year. After a summer break, they will return in September so watch for info about this free nutrition program in the next issue of *Coastlines*.

**VETERANS AGENT UPDATES**

NEW OFFICE HOURS: Veterans Agent Shawney Carroll is now at the VMCC from 9:00 - 4:00 on Tuesdays. She can be reached at 508-487-7099 or any time by calling the Hyannis office at 508-778-8740 or by email at vetagent2@townofharwich.us

RETIRING FLAGS: There is a box in the VMCC lobby for retired flags. Shawney will see that they are disposed of properly.

COASTLINES

A reminder that you can receive this newsletter by regular mail, by e-mail, by reading it online on the town website at www.provincetown-ma.gov or on our Facebook page: Provincetown Council on Aging.

If you want to continue to get it by mail, do nothing. If you would like to receive it via e-mail, call Shannon to be put on the list. If you'd like to read it online, please help us save funds and call to be taken off the of the mailing list. Thank you.

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

AUGUST 2019

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>APPOINTMENTS</u> <u>HEARING EVALS</u> 508-255-1285</p> <p><u>MEALS ON</u> <u>WHEELS</u> 508-349-2658</p> <p><u>VETERANS</u> <u>AGENT</u> 508-487-7099</p>	<p><u>SENIOR</u> <u>CENTER</u> <u>HOURS</u></p> <p>MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</p>	<p>Wednesday lunches require an RSVP no later than noon on the Friday before: 508-487-7080</p>	<p>Yoga 9:00 1 Chair Yoga 10:30 Grace Notes 3:00</p>	<p>Writing 2 Connection 10:00</p>
<p>Hyannis* 8:30 5 Stretch & Strength 10:15 WOMR Show 12:30 92.1 FM Legal Aid* 1:00</p>	<p>Yoga 9:00 6 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>Strength Training 7 10:15 BP Clinic 11 - 1:00 Lunch* Noon Travelogue 1:15 Knitting 1:00</p>	<p>Breakfast Bus* 8 9:00 Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00 Podiatrist*</p>	<p>Writing 9 Connection 10:00</p>
<p>Stretch & 12 Strength 10:15 SHINE*</p>	<p>Yoga 9:00 13 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>Strength Training¹⁴ 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00</p>	<p>Out to Lunch* 15 11:00 Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00</p>	<p>Writing 16 Connection 10:00</p>
<p>Hyannis/RMV*¹⁹ 8:30 Stretch & Strength 10:15 SHINE*</p>	<p>Yoga 9:00 20 Movie 1:00 Bridge 1:00 Stop & Shop* 9:30 Veterans Agent*</p>	<p>Strength Training²¹ 10:15 Lunch* Noon Knitting 1:00 Classic Movie 1:15</p>	<p>Yoga 9:00 22 Chair Yoga 10:30 Pizza, Popsicles, Magic* Noon Grace Notes 3:00 Podiatrist*</p>	<p>Writing 23 Connection 10:00</p>
<p>Stretch & 26 Strength 10:15 SHINE*</p>	<p>Yoga 9:00 27 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent</p>	<p>Strength Training²⁸ 10:15 Lunch* Noon Knitting 1:00 Documentary 1:15</p>	<p>Out & About* 29 9:00 Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00</p>	<p>Writing 30 Connection 10:00</p>
				



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSR STD
PERMIT #16
PROVINCETOWN
02657 MA

SUMMER

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

LAZY
HAZY
CRAZY
DAYS
SUMMER
RELAX
BEACH
POOL
SUN
SAND
STARS
BARBQ
FUN
CARNIVAL
PARADE

