PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

NOVEMBER 2019

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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

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Welcome to Coastlines,

One of the most special things about this time of year is the focus on giving thanks. At the Senior Center, we are so very thankful for each and every one of you and the part you play in making this the welcoming, vibrant place that it is. Whether you are here every day, come to weekly classes, enjoy Out & About excursions or use the lounge or media center occasionally, your presence is integral to the mission of the Center and we are so appreciative. To those who may be homebound or unable to come into the Center, we think of you often and hope you know that you, too, are contributing to our community in special ways.

The month of November honors many who are so deserving of recognition. Veterans Day acknowledges whose who have served our country so well. We will hold our second annual Veterans reception on November 12 as a way of showing our appreciation for their service.

National Family Caregivers Month shines a light on those who care compassionately for others. On November 21, we will co-host with Elder Services of Cape Cod & the Islands a program and luncheon especially for caregivers.

Alzheimer's Awareness Month aims to educate the public about the disease, which affects so many. The Alzheimer's Family Support Center of Cape Cod will conduct memory screenings on November 13, free and open to all.

We are pleased to offer these special events this month to thank all who have contributed so much to our community. Registration is required for each so please see the enclosed insert, page 3 and the newsletter calendar for more information.

Happy Thanksgiving from all of us to all of you! ~ *Chris*

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

TRAVELOGUE

THE CANADIAN ROCKIES AND THE CALGARY STAMPEDE

Wednesday, November 6 @ 1:15 pm

A dvd presentation with host Larry Moodry.

JOIN US AT THE MOVIES

WEEKLY MOVIES

Tuesdays @ 1:00 pm ~ Free!

November 5: "All is True"

In 1613, William Shakespeare returns to Stratford after his Globe Theater burns to the ground and attempts to reunite with his estranged family.
Drama / 2018 / 1 hr 41 min / (PG-13)

November 12: "The Hustle"

Two con women unite to hustle the men who have preyed on women.
Comedy / 2019 / 1 hr 33 min / (PG-13)

November 19: "Avengers: Endgame"

After Thanos destroys half the universe, the Avengers try to restore order.
Adventure / 2019 / 3 hr 1 min / (PG-13)

November 26: "Yesterday"

Musician Jack Malik awakens after an accident and discovers that he is the only person who knows of the Beatles and their songs.
Comedy / 2019 / 1 hr 58 min / (PG-13)

DOCUMENTARY

Wednesday, November 20 @ 1:15 pm

"Happy"

Explores what makes people happy.
Documentary / 2011 / 1 hr 16 min / (NR)

CLASSIC FILM

Wednesday, November 27 @ 1:15 pm

"The Wizard of Oz"

Celebrating the 80th anniversary of its release.
Classic / 1939 / 1 hr 43 min / (G)

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

COMPUTER CLASSES / TECH HELP with Ed Terrill
DRAWING with Kathi Smith
GRACE NOTES UKULELES with Mary Abt
PAINTING with Steve Kennedy
TRAVELOGUE with Larry Moodry
WEAVING with Janet Beattie
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 / SENIOR SHUTTLE
OUT & ABOUT EXCURSIONS
PROVINCETOWN LIBRARY ~ STOP & SHOP
MEDICAL APPOINTMENTS CAPE-WIDE

GET SUPPORT & 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 NEW PROGRAMS AT THE CENTER…

BEGINNING / INTERMEDIATE DRAWING ***Mondays beginning November 4/9:30 am-12:30 pm***
A 6-class session for new students and those who have completed other beginning classes with Kathi.
No experience needed. Registration required: call Shannon at 508-487-7080 for info and fees.

PAINTING ***Tuesdays beginning November 5 / 9:30 am - 12:30 pm***
A 6-week session for students with some painting experience. Registration required: call Shannon at 508-487-7080 for info and fees.

ADVANCED DRAWING ***Wednesdays beginning November 6 / 9:30 am - 12:30 pm***
A 6-week session for students experienced in drawing fundamentals. Registration required: call Shannon at 508-487-7080 for info and fees.

SKIMMING DEVICES AT TRURO COA ***Wednesday, November 6 @ 2:30 pm***
The Provincetown and Truro Councils on Aging co-host Robin Putnam, from the Office of Consumer Affairs and Business Regulation, and Amy Schram, from the Better Business Bureau, who will present on credit card skimming devices. The talk will cover tips on how to spot the small electronic devices that steal credit card information, found at places such as gas stations and ATMs. It will also include info about their offices and additional services they can provide. Rides available to Truro COA: call by 11/5.

MEMORY SCREENINGS ***Wednesday, November 13***
The Alzheimer's Family Support Center will offer 30-minute memory screenings. These screenings are not diagnostic, but may indicate the need to see a doctor for further testing. Free, confidential and open to all. Appointments required. RSVP by 11/12.

MUSIC SALON ***Wednesday, November 13 @ 1:30 pm***
We are excited to open the new season of Music Salons with a first-time guest, Zoe Lewis! If you've never seen Zoe perform, don't miss it! Her energy and love of life are palpable. Free. Rides available: call by 11/12.

iPAD CLASS
Ed Terrill is offering a class focusing on the iPAD as an Internet tool, creative artist canvas, writing and photography/video tool. Free. Call for information if you are interested in this class.

PLEASE SEE THE ENCLOSED INSERT FOR INFORMATION ON THE VETERANS RECEPTION & CAREGIVERS PROGRAM

…OR GET "OUT & ABOUT" ON THE *NEW* SENIOR CENTER BUS!

BREAKFAST BUS: JACK'S OUTBACK ***Thursday, November 7 @ 8:30 am***
A new favorite destination in Yarmouth Port (cash only). Bus donation: $5. RSVP by 11/5.

CAPE COD MUSEUM OF ART ***Thursday, November 14 @ 9:30 am***
Visit this Dennis museum to view "Interpreting Their World" an exhibit featuring artists, all in their 90's, who have had a long association with the Provincetown art colony. Lunch at The Marshside.
Museum admission: $8. Bus: free. RSVP by 11/12.

OUT TO LUNCH: OLD YARMOUTH INN ***Thursday, November 21 @ 10:30 am***
Classic fresh & local cuisine in a cozy wood paneled tavern. Bus donation: $5. RSVP by 11/19.

MARKET BASKET IN BOURNE ***Monday, November 25 @ 9:00 am***
A favorite shopping destination with an in-store café. Bus donation: $5. RSVP by 11/21.

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

Senior Care Options (SCO): For people with Medicare and MassHealth, Senior Care Options (SCO) is a comprehensive health plan that covers all of the services normally paid for through those insurances. This plan provides services to members through a senior care organization and its network of providers. SCO offers the opportunity to receive quality health care by combining health services with social support services. It does this by coordinating care and specialized geriatric support services, along with respite care for families and caregivers. SCO offers an important advantage for eligible members over traditional fee-for-service care: there are no copays for members enrolled in SCO.

Enrollment in this managed care program is voluntary and, once enrolled, a member may disenroll any month of the year. Enrollment is open to Medicare / MassHealth Standard members who meet the following criteria:

*are 65 and older;
*live at home or in a long-term-care facility;
*are not subject to a six-month deductible period under MassHealth regulations;
*are not diagnosed with end-stage renal disease;
*live in an area served by a SCO plan.

To enroll in SCO, the MassHealth member must select a Senior Care Organization. The selected organization will assist with completing an enrollment form and selecting a primary care provider from the available network. Members can contact Medicare / MassHealth Customer Service 1-888-885-0484 or the individual SCO to learn more about which plan is best for them and request enrollment. Below are the three SCO's that service Barnstable County:

Boston Medical Center 1-855-833-8124
NaviCare (HMO) 1-877-255-7108
Tufts Health Plan 1-855-880-0056

With appreciation to...

...all who have been so patient and understanding with the challenges posed by the room closures. Be assured that your safety is our number one priority and we are doing all we can to minimize the impact on programming. Special thanks to Brandon Motta and Caroline Thompson of the Recreation Department for providing space for some of our programs during this time. You're the best!

...Veterans Agent Shawney Carroll, in honor of Veterans Day, for her service to our country and dedication to the needs of local veterans. Thank you for going above and beyond!

NEW THIS FALL: SENIOR SHUTTLE!

Tuesdays, October - May

Our Senior Center bus will now pick you up and take you to in-town destinations by request all day on Tuesdays. Errands, appointments, shopping, banking, the library, you name it. Our driver will coordinate trips based on passenger needs. Call by 4:00 pm Monday to reserve. Bus donation: $1.

(We will still be going to Stop & Shop too!)

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*

NOVEMBER 2019

***Bold**=New*

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** Writing Connection 10:00
4 Hyannis*8:30 **Beg. Drawing* 9:30** Stretch & Strength10:15 Senior Center Show WOMR 12:30 pm 92.1 FM	**5** Yoga 9:00 **Painting* 9:30** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Weaving* 1:00 Veterans Agent* Senior Shuttle*	**6** **Adv. Draw* 9:30** Strength Training 10:15 BP Clinic 11-1:00 Knitting 1:00 Travelogue 1:15 COA Board 1:30 **Skim Devices* 2:30 (Truro)**	**7** **Breakfast Bus* 8:30** Yoga 9:00 Chair Yoga 10:30 Mindfulness* 1:30 Grace Notes 3:00 Podiatrist*	**8** **Foods to Encourage 9:00-11:00** Writing Connection 10:00
11 **CENTER** **CLOSED** 	**12** Yoga 9:00 Painting* 9:30 **Veteran's Reception*10:00** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Weaving* 1:00 Veterans Agent* Senior Shuttle*	**13** Adv. Draw* 9:30 **Memory Screenings*** Strength Training 10:15 Knitting 1:00 Tech Help 1-2:00 **Music Salon 1:30 with Zoe Lewis**	**14** Yoga 9:00 **Out & About*9:30** Chair Yoga 10:30 Mindfulness*1:30 Grace Notes 3:00	**15** Writing Connection 10:00
18 Hyannis/RMV* 8:30 Beg. Draw* 9:30 Stretch & Strength10:15 SHINE*	**19** Yoga 9:00 Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Weaving* 1:00 Veterans Agent* Senior Shuttle*	**20** Adv. Draw* 9:30 Strength Training 10:15 Knitting 1:00 Hearing* 1:00 Documentary 1:15	**21** Yoga 9:00 **Out to Lunch* 10:30** Chair Yoga 10:30 **Caregivers* 11:00** Mindfulness* 1:30 Grace Notes 3:00 Podiatrist*	**22** **Foods to Encourage 9:00-11:00** Writing Connection 10:00
25 **Out & About* 9:00** Beg. Draw* 9:30 Stretch & Strength 10:15 SHINE*	**26** Yoga 9:00 Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Weaving* 1:00 Veterans Agent* Senior Shuttle*	**27** Adv. Draw* 9:30 Strength Training 10:15 Knitting 1:00 Tech Help 1-2:00 Classic Movie 1:15	**28** **CENTER** **CLOSED** 	**29** **CENTER** **CLOSED**

PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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