

# PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER  
2 Mayflower Street  
Provincetown, MA 02657

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

*Follow us on Facebook!*

All of us at the Senior Center  
wish all of you  
a wonderful holiday season!

*Chris, Andrea, Shannon, Donna, Rick, Nancy and Carla*

**Seasons Greetings**

## **DAVID ASHER HOLIDAY DINNER**

**Sunday, December 8 at Noon**  
**at The Lobster Pot**

*Each year, a dedicated group of community volunteers come together through the Lower Cape Ambulance Association to host a delicious meal with all the trimmings especially for Provincetown seniors.*

*This year, due to temporary room closures at the Senior Center, it will be held at the Lobster Pot (thank you, Tim and the McNulty family!).*

*Join us for this special free event,  
one of the most treasured traditions of the season.*

*Please plan on arriving by 11:45 to allow ample time for seating.*

*Rides are encouraged and provided free of charge.*

*If you are homebound, we can deliver a meal.*

*Call now to reserve your space or a delivery!*

**RESERVATIONS REQUIRED BY DECEMBER 2: 508-487-7080**

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



### TRAVELOGUE

#### *INVITATION TO ICELAND*

*Wednesday, December 4 @ 1:15 pm*

A dvd presentation with host Larry Moodry.

## JOIN US AT THE MOVIES

### WEEKLY MOVIES

*Tuesdays @ 1:00 pm ~ Free!*

#### December 3: "Kundun"

The amazing story of the fourteenth Dalai Lama.  
Biography / 1997 / 2 hr 15 min / (PG-13)

#### December 10: "The Novitiate"

A young woman training to become a nun  
struggles with faith and sexuality.  
Drama / 2017 / 2 hr 3 min / (R)

#### December 17: "The Peanut Butter Falcon"

A young man with Down Syndrome dreams of  
attending pro wrestling school.  
Adventure / 2019 / 1 hr 37 min / (PG-13)

### CLASSIC SATURDAY NIGHT LIVE

*Thursdays @ 1:00 ~ Free!*

#### December 5: "Superstar"

Movie based on the SNL character Mary  
Katherine Gallagher.  
Comedy / 1999 / 1 hr 22 min / (PG-13)

#### December 12: "The Coneheads"

Based on the SNL skit of the same name.  
Comedy / 1993 / 1 hr 28 min / (PG)

#### December 19: "SNL" - Christmas"

Holiday skits from the television series.  
Comedy / 1999 / 1 hr 14 min / (NR)

#### December 26: "Blues Brothers"

Movie based on the SNL musical sketch.  
Comedy / 1980 / 2 hr 13 min / (R)

### 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*  
*STORY SWAP with Dan Sanders*  
*TRAVELOGUE with Larry Moodry*  
*WEAVING with Janet Beattie*  
*WRITING CONNECTION with Hilde Oleson*

### RELAX / SOCIALIZE / PLAY A GAME

*BRIDGE / CHECKERS / CHESS / SCRABBLE*  
*KNITTING CIRCLE ~ HANG OUT in the LOUNGE*  
*RADIO SHOW on WOMR / EVENTS on PTV*  
*MOVIES ~ WINTER COFFEE HOUR*

### 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...**

### **HOUSING REHABILITATION PROGRAM** *Tuesday, December 3 @ 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.

### **BEGINNING WEAVING** *7 sessions beginning Thursday, December 5 / 1:00 -3:00 pm*

This class is designed as an introduction to the basic techniques of weaving; winding warp, dressing the loom and weaving a finished piece. You will weave a sampler on a four harness table loom, which will teach you different weaving patterns and allow for exploration with color and texture. Looms are provided. This class is a great experience for beginners as well as weavers who would like a refresher. Janet has a degree in applied arts with an emphasis on weaving. Registration required: call Shannon at 508-487-7080 for info and fees.

### **MUSIC SALON** *Wednesday, December 11 @ 1:30 pm*

This month we welcome Peter Donnelly and Jon Richardson, who will perform a wide array of covers that include songs by Dolly Parton, Bob Dylan, Simon and Garfunkel as well as their original works. Come enjoy their beautiful harmonies and spirit. Free. Rides available: call by 12/9.

### **WINTER COFFEE HOUR** *Tuesdays, beginning December 17 / 9:30 - 11:30 am*

It's getting colder and sometimes harder to motivate ourselves to get out of the house. We've got just the antidote to the winter blues. Join others for a hot drink, coffeecake and friendly conversation. Free. Rides available: call by 4:00 pm the day before.

### **STORY SWAP: HOLIDAY STORIES** *Wednesday, December 18 @ 1:15 pm*

Storyteller Dan Sanders leads our Story Swap group, this month with a holiday theme. Bring a story to share, fictional or true, and listen to those of others. Free. Rides available: call by 12/17.

### **HAPPY NEW YEAR!** *Monday, December 30 @ 1:30 pm*

Together with the Recreation Department staff and children in the Rec program, we will ring in the new year with an ice cream sundae bar, games and lots of fun. Free. RSVP by 12/23. Rides available.

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

### **BREAKFAST BUS: WICKED OYSTER** *Thursday, December 5 @ 8:30 am*

Enjoy a deliciously fresh breakfast in Wellfleet. Bus donation: \$3. RSVP by 12/3.

### **PROVINCETOWN LIBRARY FIELD TRIP** *Monday, December 9 @ 1:30 pm*

Director Amy Raff will demonstrate genealogy websites available on the internet and bring us up to date on new offerings at the library. Bus donation: \$1 RSVP by 12/6.



### **SANDWICH GLASS MUSEUM** *Thursday, December 12 @ 9:30 am*

The "Annual Glassblowers' Christmas" showcases hundreds of unique glass ornaments made by local and national glass artists. Lunch at Dunbar House Restaurant & Tea Room. Museum admission: \$9. Bus: free. RSVP by 12/10.

### **OUT TO LUNCH: BREWSTER FISH HOUSE** *Thursday, December 19 @ 10:30 am*

Fresh, artful food in a cozy cottage setting. Bus donation: \$5. RSVP by 12/18.

### **OUT & ABOUT: ORLEANS** *Monday, December 23 @ 9:30 am*

Take a trip to Orleans and experience townwide holiday celebrations at local retailers. Destinations by request. Lunch at the Double Dragon Inn. Bus donation: \$5. RSVP by 12/20.

**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**

**Advance Care Planning & Wills**

**What is Advance Care Planning?** A medical crisis can happen at any age. It is important to make a clear healthcare plan for the future as a step towards making sure that you receive the care that you want even when doctors and family members are making the decisions for you.

**Completing an Advance Directive:** An Advance Directive is a legal document also known as a Health Care Proxy which goes into effect **only** if you are incapacitated and unable to speak for yourself. It can be used for an adult, 18 years or older, in the event of a disease or severe injury, to help others know the type of medical care desired. The Health Care Proxy allows you to appoint a Healthcare Agent, who should be someone you know and trust. It is important to discuss your wishes regarding medical treatments and end-of-life care, including life-sustaining measures, with the person you choose prior to them needing to serve, as that person will be expected to follow your directives in making decisions on your behalf. If your agent has not been informed of your wishes, they will have to make decisions based on their assessment of your best interest.

\*You can obtain a Health Care Proxy form at your physician’s office, the hospital, by downloading it, or picking it up at the Senior Center. Once completed make sure copies are distributed to the Healthcare Agent you chose, physician, and forwarded to the local hospital of your choice.

**Wills:** Having a will may be considered just as important as having a Health Care Proxy. A will is a legally binding document that lets you determine how you would like your estate to be handled upon your death.

If you have any questions about either of these documents please feel free to call me at 508-487-7080.

*With appreciation to...*

...all who have been so patient with the challenges posed by the room closures. Your safety is our number one priority and we are doing all we can to minimize the impact on programming.

...Lori Dalomba and the students in the Religious Education Program at St. Peter the Apostle Church for organizing a toiletry drive, as well as the parishioners who donated to help fill our pantry needs.



**IN MEMORIAM**

It is with sadness that we acknowledge the passing of Mary Peres. Mary served as President of the Friends of the Provincetown COA, our fundraising organization, and was a long-time volunteer at the weekly lunch. We already miss Mary’s smiling face but feel grateful for all she contributed to the COA.

**LEGAL SERVICES: December 2**

South Coast Counties Legal Services provides free, 15-minute legal consultations with an attorney to residents 60+ years of age every other month. Call the Senior Center to schedule an appointment.

**NOTICE**

Liturgical Publications, Inc. (LPi), our newsletter publisher, accepts advertisements from area businesses and service providers. Please note that this does not constitute an endorsement, referral, guarantee or recommendation of advertisers by the Provincetown Council on Aging or Town of Provincetown.

**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

# DECEMBER 2019

**Bold=New**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis*8:30 <b>2</b> Beg. Drawing* 9:30 Stretch & Strength10:15 Senior Center Radio Show WOMR 12:30 pm Legal Aid* SHINE*	Yoga 9:00 <b>3</b> Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 <b>Housing Rehab 1:30</b> Veterans Agent* Senior Shuttle*	Adv. Draw* 9:30 <b>4</b> Strength Training 10:15 BP Clinic* 11-1:00 Knitting 1:00 Travelogue 1:15 COA Board 1:30	<b>Breakfast Bus* 5</b> <b>8:30</b> Yoga 9:00 Chair Yoga 10:30 <b>Classic SNL Movie 1:00 Weaving* 1:00</b> Grace Notes 3:00	Writing <b>6</b> Connection 10:00
Beg. Drawing* <b>9</b> 9:30 Stretch & Strength10:15 <b>Out &amp; About* 1:30</b>	Yoga 9:00 <b>10</b> Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Weaving* 1:00 Veterans Agent* Senior Shuttle*	Adv. Draw* 9:30 <b>11</b> Strength Training 10:15 Knitting 1:00 Tech Help 1-2:00 <b>Music Salon 1:30</b>	Yoga 9:00 <b>12</b> <b>Out &amp; About* 9:30</b> Chair Yoga 10:30 <b>Classic SNL Movie 1:00</b> Weaving* 1:00 Grace Notes 3:00 Podiatrist*	<b>Foods to Encourage 9:00-11:00</b> Writing Connection 10:00
Hyannis/RMV* <b>16</b> 8:30 Beg. Draw* 9:30 Stretch & Strength10:15 SHINE*	Yoga 9:00 <b>17</b> <b>Coffee Hour 9:30 - 11:30</b> Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Weaving* 1:00 Veterans Agent* Senior Shuttle*	Strength Training <b>18</b> 10:15 Knitting 1:00 Hearing* 1:00 <b>Holiday Story Swap 1:15</b>	Yoga 9:00 <b>19</b> Chair Yoga 10:30 <b>Out to Lunch* 10:30</b> <b>Classic SNL Skits 1:00</b> Weaving* 1:00 Grace Notes 3:00	Writing <b>20</b> Connection 10:00
<b>Out &amp; About* 23</b> <b>9:30</b> Stretch & Strength10:15 SHINE*	Coffee Hour <b>24</b> 9:30 - 11:30 <b>Stop &amp; Shop* 9:30</b> Veterans Agent* Senior Shuttle*  <b><u>CENTER WILL CLOSE AT NOON</u></b>	<b><u>CENTER CLOSED</u></b> <b>25</b>  	<b>Classic SNL 26</b> <b>Movie 1:00</b> Weaving* 1:00 Grace Notes 3:00 Podiatrist*	<b>Foods to 27</b> <b>Encourage 9:00-11:00</b> Writing Connection 10:00
Stretch & <b>30</b> Strength 10:15 <b>New Year's Party* 1:30</b> SHINE*	Coffee Hour <b>31</b> 9:30 - 11:30 <b>Stop &amp; Shop* 9:30</b> Veterans Agent* Senior Shuttle*  <b><u>CENTER WILL CLOSE AT NOON</u></b>	<b><u>APPOINTMENTS</u></b>  <b><u>HEARING EVALS</u></b> <b>508-255-1285</b>  <b><u>MEALS ON WHEELS</u></b> <b>508-349-2658</b>  <b><u>VETERANS AGENT</u></b> <b>508-487-7099</b>		<b><u>SENIOR CENTER HOURS</u></b>  <b><u>MON-THURS 8 AM - 5 PM</u></b> <b><u>FRIDAY 8 AM - NOON</u></b>



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSR STD  
PERMIT #16  
PROVINCETOWN  
02657 MA



## HAPPY HOLIDAYS



STA4NCE

FUNNY FUNNY  
WORDS WORDS  
WORDS WORDS

### WACKY WORDIES

Each puzzle is a representation  
of a word or phrase.  
Can you decipher the clues in  
each box?

MOONCEON

MAN  
—  
BOARD

*Example: Blue Cheese*

CHEESE

FEET

T337

T337



SHOWS

Answers are available by  
calling the Senior Center