

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

FEBRUARY 2020

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RICK SHAW - *PROGRAM COORDINATOR*
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The Place to Connect!

508-487-7080

www.provincetown-ma.gov

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Welcome to Coastlines!

February is traditionally a time to hunker down under a cozy blanket and wait for the first signs of spring. While sometimes that is just the antidote for the winter blues, so is getting out of the house to connect with others, learn something new, be entertained and have fun. In addition to all of our ongoing and new programs (see pages 2 and 3), did you know...



- ⇒ You can walk the halls of the VMCC any time year-round. This month, come in for February Fitness Fridays and walk the halls at a leisurely pace with a Senior Center staff member. We'll walk one mile together and you can then continue on your own or stop in for a healthy snack at Foods to Encourage. For those walking on other days, stop by the main office and we can give you a measured mile map.
- ⇒ We are now offering rides to the Foods to Encourage program. Besides enjoying free samples of a healthy recipe and taking home a bag of fresh produce, this nutrition program has turned into a great time to catch up with friends or ask questions of nutritionist Barbara Blackwell. Open to all, join the party!
- ⇒ We've added a second Coffee Hour in February with rides provided so come in for a hot drink, conversation and coffeecake on Tuesdays and/or Thursdays (see calendar for times).
- ⇒ Our Lounge / Library is open for your enjoyment where you can: have a cup of coffee or tea; read a newspaper, magazine or book; sit in a cozy chair and knit, write or sketch; play a game of cards, Scrabble, chess, checkers and more; browse and borrow a book (including piano books), DVD or CD; work on a jigsaw puzzle or word search; color in a coloring book or just chat quietly. Often there will be others relaxing in the lounge so you may see old friends or make a new one.

We look forward to seeing you at the Senior Center in February! ~ *Chris*

See the enclosed insert for an invitation from the Provincetown Police to a

SPECIAL VALENTINE'S CELEBRATION!

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



TRAVELOGUE

ECO-TOUR IN COSTA RICA

Wednesday, February 5 @ 1:15 pm

A dvd presentation with host Larry Moodry.

JOIN US AT THE MOVIES

WEEKLY MOVIES

Tuesdays @ 1:00 pm ~ Free!

February 4: *After the Wedding*

Mysteries unravel when a manager of an orphanage in India travels to New York to meet a benefactor.

Drama / 2019 / 1 hr 52 min / (PG-13)

February 11: *Once Upon a Time in...Hollywood*

A former western movie star in 1969 struggles to maintain his fading career in changing Hollywood.

Drama / 2019 / 2 hr 41 min / (R)

February 18: *Downton Abbey*

The continuing story of the Crawley family and the servants who keep the estate running.

Drama / 2019 / 2 hr 2 min / (PG)

February 25: *Judy*

A biopic focusing on Judy Garland's last concerts in 1968 London.

Drama / 2019 / 1 h 58 min / (PG-13)

CLASSIC MOVIE

Wednesday, February 26 @ 1:15 ~ Free!

Love Story

A young man and woman from different backgrounds fall in love.

Drama / 1970 / 1 hr 46 min / (PG)



DOCUMENTARY

Thursday, February 27 @ 1:00 ~ Free!

Before Homosexuals

Please see page 3 for movie description.

Documentary / 2017 / 1 hr 27 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

- DRAWING with Kathi Smith*
- GRACE NOTES UKULELES with Mary Abt*
- PAINTING with Steve Kennedy*
- RADICAL AGING with Mary DeRocco*
- STORY SWAP with Dan Sanders*
- TRAVELOGUE with Larry Moodry*

RELAX / SOCIALIZE / PLAY A GAME

- BRIDGE / BOARD GAMES*
- HANG OUT in the LOUNGE ~ KNITTING CIRCLE*
- MOVIES ~ WEEKLY / CLASSIC / DOCUMENTARY*
- MUSIC SALONS & KARAOKE*
- RADIO SHOW on WOMR / EVENTS on PTV*
- WINTER COFFEE HOUR*

BE WELL

- MINDFULNESS MEDITATION with Jen Shannon*
- 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*
- TAX ASSISTANCE with AARP VOLUNTEERS*

JOIN US FOR NEW PROGRAMS AT THE CENTER...

AARP TAX RETURN ASSISTANCE *February - April*

Free assistance with simple tax returns for Provincetown seniors. Appointments required: 508-487-7080.

MINDFULNESS MEDITATION *Thursdays @ 1:30 pm / February 6, 13, 20 & March 5, 12*



We are pleased to welcome back Jennifer Shannon to lead this popular series. Learn techniques to decrease worry, practice gratitude, distinguish your true nature from your conditioning and stay curious. Free, open to all levels. Registration required; participants are asked to attend all sessions. RSVP by 2/3.

RADICAL AGING DROP-IN CONVERSATION *Tuesday, February 11, 10:00 - 11:30 am*

An opportunity to listen to others and share your experience of aging through your creative work or by speaking about your personal experience. A facilitated group that is safe, informative and free! Everyone welcome.

MUSIC SALON: KARAOKE *Wednesday, February 12 @ 1:30 pm*

Join us for a fun-filled afternoon of laughter and song with our new karaoke machine. This month we'll sing songs from the 40's to the 80's - your choice. Even if you don't want to sing, we need an audience! Free.

STORY SWAP: THE PILGRIMS AFTER PLYMOUTH *Wednesday, February 19 @ 1:15 pm*

Dan Sanders will be sharing fascinating stories of the lives and migration of several of the families that came to America on the Mayflower. Feel free to bring stories of your own. Free.

DOCUMENTARY: BEFORE HOMOSEXUALS *Thursday, February 27 @ 1:00 pm*

Producer John Scagliotti's (*Before Stonewall, After Stonewall*) documentary of same-sex erotic writings, poetry and visual art discovered in ancient cultures, including lesbian love spells, censored chapters of the Kamasutra, Native American two-spirit rituals and much more. Nominated for Best Documentary at Out Film CT. Free.

MEET OUR NEW SCHOOL SUPERINTENDENT *Tuesday, February 25, 10:30 - 11:30 am*

Enjoy coffee and treats with Suzanne Scallion, the new Superintendent of Provincetown IB Schools. She is very interested in meeting you and learning about your hopes and dreams for our schools. Whether you attended Provincetown schools or moved here later, she'd love to hear your ideas. All are welcome.

NINTENDO Wii SPORTS *Mondays, 1:00 - 3:00 pm*

Join us for Wii virtual sports. All games are fun and easy to play, either sitting or standing. Each week we will play a different sport, including bowling, tennis, baseball and golf. Come play or be a cheerleader for others. Free.

ART CLASSES *Beginning February 25*

A new session of drawing classes with Kathi Smith and painting classes with Steve Kennedy will begin the last week of February. Call Shannon at 508-487-7080 for info and fees (scholarships available!).

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

BREAKFAST BUS: JACK'S OUTBACK *Thursday, February 6 @ 8:30 am*

A hidden gem in Yarmouth Port and a COA favorite (cash only). Bus donation: \$5. RSVP by 2/4.

OUT & ABOUT: ORLEANS *Monday, February 10 @ 9:00 am*

Errands, appointments, shopping - destinations by request. Bus donation: \$5. RSVP by 2/7.

JOHN F. KENNEDY HYANNIS MUSEUM *Thursday, February 13 @ 9:30 am*

Visit the museum to view *Cape Cod Remembers JFK Jr.* featuring seldom seen images of John Jr. and his family. Lunch at Grand Café Restaurant. Museum admission (seniors) \$11. Bus donation: free. RSVP by 2/11.

OUT TO LUNCH: ARDEO CAFÉ *Thursday, February 20 @ 10:00 am*

"The Fire of the Mediterranean" is the slogan of this West Dennis restaurant. Bus donation: \$5. RSVP by 2/18.

CHATHAM ORPHEUM THEATER *Thursday, February 27 @ 9:30 am*

Your choice of two first-run movies at this beautifully restored theater. Early lunch before the 1:00 pm movie or enjoy an Orpheum Theater Café meal. Call the Senior Center for movie selections 1-2 weeks in advance.

Movie: free! Bus donation: \$5. RSVP by 2/21.



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

Medicare Savings (also known as Buy-In) Programs

The MassHealth Medicare Savings (Buy-In) programs help pay some of the out-of-pocket costs of Medicare. The Buy-In programs can also help get Medicare Part B for people who only have Medicare Part A. If you are in a Buy-In program, you will also be automatically enrolled in the Medicare Part D Extra Help program which can help with pharmacy costs.

Program Benefits:

*Senior Buy-In pays for Part B Medicare premiums (and for Part A premiums for those who have one) and for the deductibles and coinsurance under Part A and Part B.

*Buy-In may pay for the Medicare Part B premium.

Income and Assets:

INDIVIDUALS

If your assets are at or below \$15,720 **AND** your monthly income before taxes and deductibles is below \$1,374 then you will be eligible for Senior Buy-In **OR** your monthly income before taxes and deductibles is below \$1,738 then you will be eligible for Buy-In.

MARRIED COUPLES WHO LIVE TOGETHER

If your assets are at or below \$23,600 **AND** your monthly income before taxes and deductibles is below \$1,852 then you will be eligible for Senior Buy-In **OR** your monthly income before taxes and deductibles is below \$2,346 then you will be eligible for Buy-In.

These rates are new as of January 1, 2020. Those who may have just been over the income or asset limit previously are encouraged to apply to see if they are eligible for these savings programs.

Please give me a call at 508-487-7080 to schedule an appointment if you are interested in getting more information or would like to apply.

With appreciation to...



... Hilde Oleson, who has facilitated the weekly Writing Connection for many years, introducing people to writing for the first time, guiding others in expanding their skills and providing a free, safe space for people to share their writing. Your enthusiasm and support have been appreciated and we can't wait to collaborate again with you!

...Bill Goodbody, who is taking a well-deserved retirement from volunteer SHINE counseling. Thank you for your tireless efforts and expertise in helping people navigate the maze that is Medicare!

...Wendy Hinden and American Pennies for Hunger, who collected over \$200,000 in recent years and distributed donations to food programs, including our COA Pantry. Thank you for your generosity and congratulations on reaching your goal.

LEGAL SERVICES

South Coast Counties Legal Services provides free, 15-minute legal consultations with an Elder Law attorney to residents 60+ years of age every other month. The next date will be February 3. 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
- Kathryn Menangas (Alternate)

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

FEBRUARY 2020

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 3 Beg. Drawing* 9:30 Stretch & Strength 10:15 Wii 1:00-3:00 Legal Services*	Yoga 9:00 4 Painting* 9:30 Coffee Hour 9:30 - 11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle* Taxes*	Adv. Draw* 9:30 5 Strength Training 10:15 BP Clinic 11-1:00 Knitting 1:00 Travelogue 1:15 COA Board 1:30	Breakfast Bus* 6 8:30 Yoga 9:00 Coffee Hour 9:30 - 11:30 Chair Yoga 10:30 Mindfulness* 1:30 Grace Notes 3:00	Fitness Friday 7 9:00 
Out & About* 10 9:00 Beg. Drawing* 9:30 Stretch & Strength 10:15 WOMR Radio Show 12:30pm Wii 1:00-3:00	Yoga 9:00 11 Painting* 9:30 Coffee Hour 9:30 - 11:30 Radical Aging 10:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*	Adv. Draw* 9:30 12 Strength Training 10:15 Knitting 1:00 Karaoke 1:30	Yoga 9:00 13 Out & About* 9:30 Coffee Hour 9:30 - 11:30 Chair Yoga 10:30 Mindfulness* 1:30 Grace Notes 3:00 Podiatrist*	Foods to 14 Encourage 9:00-11:00 (call by Thursday at 4:00 pm for a ride!) Fitness Friday 9:00
17 <u>CENTER</u> <u>CLOSED</u> Presidents' Day	Yoga 9:00 18 Coffee Hour 9:30-11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle* Taxes*	Strength Training 19 10:15 Knitting 1:00 Hearing* 1:00 Story Swap 1:15	Yoga 9:00 20 Coffee Hour 9:30 - 11:30 Out to Lunch* 10:00 Chair Yoga 10:30 Mindfulness* 1:30 Grace Notes 3:00	Fitness Friday 21 9:00 
Hyannis/RMV* 24 8:30 Beg. Drawing* 9:30 Stretch & Strength 10:15 Wii 1:00-3:00 SHINE*	Yoga 9:00 25 Painting* 9:30 Coffee Hour 9:30 - 11:30 Superintendent 10:30-11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*	Adv. Draw* 9:30 26 Strength Training 10:15 Knitting 1:00 Classic Movie 1:15	Yoga 9:00 27 Out & About* 9:30 Coffee Hour 9:30 - 11:30 Chair Yoga 10:30 Documentary 1:00 Grace Notes 3:00 Podiatrist*	Foods to 28 Encourage 9:00-11:00 (call by Thursday at 4:00 pm for a ride!) Fitness Friday 9:00
<u>SENIOR</u> <u>CENTER</u> <u>HOURS</u> <u>MON-THURS</u> <u>8 AM - 5 PM</u> <u>FRIDAY</u> <u>8 AM - NOON</u>	<u>WINTER</u> <i>If Provincetown Schools are closed, Senior Center programs and rides will be cancelled. The office will be open.</i>	<u>WEATHER</u> <i>If the Town of Provincetown offices/ Town Hall are closed, the Senior Center will be closed. All programs/rides will be cancelled.</i>	<u>POLICY</u> <i>For your safety, rides and programs may be cancelled at other times based on weather conditions. If in doubt, please call ahead!</i>	<u>APPOINTMENTS</u> <u>HEARING EVALS</u> 508-255-1285 <u>MEALS ON</u> <u>WHEELS</u> 508-349-2658 <u>VETERANS</u> <u>AGENT</u> 508-487-7099



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSR STD
PERMIT #16
PROVINCETOWN
02657 MA

FEBRUARY



P S A K N E S V U E J B G M E
R A T A X A N A V Q H R K A T
E R E E I H Q I T G O X L R A
S G P N E H K I T U C Y O D L
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SAINT
VALENTINE
SWEET
CHOCOLATE
MARDI
GRAS
LEAP DAY
SUPER BOWL
GROUNDHOG
SHADOW
COLD
SNOW
PRESIDENTS
CUPID
FEBRUARY