PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

MARCH 2020

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
Follow us on Facebook!

Welcome to Coastlines!

This winter, one of the toughest challenges we have faced at the Senior Center has been the closing of our dining room/multi-purpose room/kitchen for roof repairs. Although there have been some bumps along the way, we hope to re-open soon. Spring is a time of new beginnings!

During this time, we have been able to accommodate most programs through creative room scheduling and the generosity of the Recreation Department and Early Learning Center in sharing their space. We know changing program rooms has been an adjustment at times but we appreciate everyone's flexibility and patience.

Unfortunately, we have not been able to continue to provide weekly meals without our dining space and kitchen. The loss of the Lunch Bunch program has certainly been the most difficult of all. Our lunches are not just about the terrific meals prepared and served by our Cook, Nancy Dooley, and her volunteer crew, although that is certainly what has brought in more than double the number of guests we had just three years ago! The Lunch Bunch feels like family where we enjoy seeing old friends, meeting new ones, celebrating birthdays and sharing moments of silence for those who have passed. These are the connections we are all missing.

I can assure you that those connections are not lost. Although we're not gathering as a group each week, it has been wonderful to see you here enjoying other programs (reminder: we still provide rides for Wednesday afternoon programs and our local Senior Center shuttle runs all day on Tuesdays). Once the repairs are completed and we've cleaned and prepared the space, we will be so excited to celebrate with a "Welcome Back" lunch!

A wonderful time for new beginnings. ~ *Chris*

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

TRAVELOGUE

ERIE CANAL BARGE TRIP

Wednesday, March 4 @ 1:15 pm

A dvd presentation with host Larry Moodry.

JOIN US AT THE MOVIES

WEEKLY MOVIES

Tuesdays @ 1:00 pm ~ Free!

March 3: *The Chaperone*
A young woman travels to New York to study dance under the watchful eye of her chaperone.
Drama / 2019 / 1 hr 49 min / (NR)

March 10: *The Good Liar*
A simple con turns into a deadly game of cat and mouse.
Drama / 2019 / 1 hr 58 min / (PG)

March 17: *Maleficent: Mistress of Evil*
Maleficent battles new foes to save the woodlands' magical creatures.
Fantasy / 2019 / 1 hr 58 min / (PG)

March 24: *Gemini Man*
A hitman discovers his clone is stalking him.
Sci-Fi / 2019 / 1 h 57 min / (PG-13)

CLASSIC MOVIE

Wednesday, March 25 @ 1:30 pm ~ Free!

Star Wars: Episode IV - A New Hope
The original, first released episode of the Star Wars saga.
Action / 1977 / 2 hr 1 min / (PG)

DOCUMENTARY

Tuesday, March 31 @ 1:00 pm ~ Free!

Linda Ronstadt: The Sound of My Voice
Linda Ronstadt takes us on a journey through her remarkable music career.
Documentary / 2018 / 1 hr 35 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

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 & CARD 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.

MUSIC SALON: DENYA LEVINE ***Wednesday, March 11 @ 1:30 pm***
Join us for a real St. Patrick's Day celebration starring Denya LeVine. Denya is an accomplished musician who plays the fiddle, violin and ukulele and has thrilled audiences throughout Cape Cod. Free. Rides available.

KARAOKE ***Wednesday, March 18 @ 1:00 pm***
Join us for one of our most popular new programs. No stage or pressure! You can choose a song, sing with or without a mic or just join in. Free. Rides available.

WINTER COFFEE HOUR ***Tuesdays, 9:30 - 11:30 am***
Enjoy a hot drink, coffeecake and conversation. Free. Rides: call by 4:00 pm the day before.

SENIOR SHUTTLE ***Tuesdays through May***
A reminder that our Senior Center bus will now take you to in-town destinations by request on Tuesdays. Errands, appointments, shopping, banking, Senior Center programs, the Library, visit a friend, take a walk in the woods, go to the beach, you name it. Call by 4:00 pm Monday to reserve. Bus donation: $1.

NEW IN THE LOUNGE
We've added Uno to the many game options in the lounge so grab a friend and play this classic card game. Easy to learn and fun to play! While you're there, browse the library, work on a puzzle, read the papers, relax while coloring and enjoy a cup of coffee or tea.

ART CLASSES
For info about drawing classes with Kathi Smith and painting classes with Steve Kennedy, call Shannon.

WOW! Too many new programs to fit so please see the enclosed insert for:

A workshop on unlearning the self
A Fine Arts Work Center writing class
A series on handling life's challenges
A presentation on Elder Services programs

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

BREAKFAST BUS: KELTIC KITCHEN ***Thursday, March 5 @ 8:30 am***
A traditional hearty Irish breakfast (cash only) in West Yarmouth, followed by a visit to the Keltic Kottage. Bus donation: $5. RSVP by 3/3.

THRIFT STORE TRAIL ***Thursday, March 12 @ 9:30 am***
From Orleans to Yarmouth, shop at a few mid-Cape thrift stores. Lunch along the way. Bus donation: $5. RSVP by 3/10.

CAPE COD MUSEUM OF NATURAL HISTORY~BREWSTER ***Thursday, March 19 @ 10:00 am***
Lunch 'n Learn with Naturalist Phil Kyle: *Cape Cod's Spring Migrants: Migrant Breeders & Migrant Visitors*. Admission: $25. Includes program, box lunch & museum. Reservations required. Bus: free. RSVP by 3/17.

OUT & ABOUT: ORLEANS ***Monday, March 23 @ 9:00 am***
Errands, appointments, shopping - destinations by request. Bus donation: $5. RSVP by 3/21.

MARKET BASKET ***Monday, March 30 @ 9:00 am***
Shop a great variety of stores and a café in Bourne. Bus donation: $5. RSVP by 3/27.

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

Medicare eligibility begins at 65, and signing up on time can help you avoid premium surcharges. Your initial window to enroll is the seven-month period that begins 3 months before the month of your 65th birthday and ends 3 months after it. If you fail to sign up for Medicare on time, you'll risk a 10% surcharge on your Medicare Part B premiums for each year-long period you go without coverage upon being eligible. If you are already receiving Social Security benefits at age 65 you will automatically be enrolled for Medicare Part B.

A different set of rules may be applicable if you are still working at 65. At age 65, if you have coverage under a group health plan through an employer with 20 employees or more, then you don't have to enroll in Medicare right away which allows you to avoid the Part B premium while you continue to be covered. In that case, you'll get an eight-month special enrollment period to sign up when you leave your job or your employer stops offering coverage. It will start the month after you separate from your employer, or the month after your group coverage ends-whichever happens sooner.

It often pays to enroll in Medicare Part A on time even if you have health coverage already through your employer. It won't cost anything, and this way, Medicare can serve as your secondary insurance for anything that your primary insurance doesn't cover.

If you have NOT signed up for Medicare and are 65 and are NOT covered by an employer plan, you have until March 31st to sign up for Medicare but will be subject to penalty and coverage will begin July 1. Please call us at 508-487-7080 to schedule an appointment with our SHINE counselor to meet your insurance needs.

With appreciation to...

...Barbara Yates, who was recently appointed to the COA Board as an alternate member. Thank you for your interest and commitment to the Senior Center.

...long-time volunteer Mary Abt, who recently retired from Provincetown Schools but will continue to lead our Grace Notes ukulele band. Congratulations and we're so glad that you'll still be sharing your love of music with us!

2020 SENIOR OF THE YEAR

Nominations are being accepted for the 2020 Senior of the Year. Nominees must be town residents 60+ years of age who are enthusiastically involved in the community, a role model to peers and exemplify the "Spirit of Positive Aging." Send a brief bio and the reason you feel the person should be the Senior of the Year to:

Chris Hottle, COA, 2 Mayflower St. 02657 or
chottle@provincetown-ma.gov
by May 4.

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COUNCIL ON AGING BOARD

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Penny Sutter (Vice-Chair)
Chris Asselin (Clerk)
Julie Knapp
Deb Meadows
Kathryn Menangas (Alternate)
Barbara Yates (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*

MARCH 2020

Bold=*New Program*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hyannis* 8:30 Beg. Drawing* 9:30 Stretch & Strength 10:15 WOMR Radio Show 12:30pm **FAWC Writing Class* 1:30**	**3** Yoga 9:00 Painting* 9:30 Coffee Hour 9:30 - 11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle* Taxes*	**4** Adv. Draw* 9:30 Strength Training 10:15 BP Clinic 11-1:00 Knitting 1:00 Travelogue 1:15 COA Board 1:30	**5** **Breakfast Bus* 8:30** Yoga 9:00 Chair Yoga 10:30 Mindfulness* 1:30 Grace Notes Ukuleles 3:00	**6** Reminder: You can Walk the Halls Monday-Friday in any weather ~ 8.5 laps is a mile!
9 Beg. Drawing* 9:30 Stretch & Strength10:15 FAWC Writing Class* 1:30	**10** Yoga 9:00 Painting* 9:30 Coffee Hour 9:30 - 11:30 **Elder Services 101 10:30** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*	**11** Adv. Draw* 9:30 Strength Training 10:15 Knitting 1:00 **Music Salon 1:30**	**12** Yoga 9:00 **Out & About* 9:30** Chair Yoga 10:30 **Handling Challenges 11:00** Mindfulness* 1:30 Grace Notes Ukuleles 3:00 Podiatrist*	**13** **Foods to Encourage 9:00-11:00** (call by Thursday at 4:00 pm for a ride)
16 Hyannis/RMV* 8:30 Beg. Drawing* 9:30 Stretch & Strength10:15 FAWC Writing Class* 1:30	**17** Yoga 9:00 Painting* 9:30 Coffee Hour 9:30-11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle* Taxes*	**18** Adv. Draw* 9:30 Strength Training 10:15 Knitting 1:00 Hearing* 1:00 Karaoke 1:00 **Unlearn the Self 3:00**	**19** Yoga 9:00 **Out & About* 10:00** Chair Yoga 10:30 Handling Challenges 11:00 Grace Notes Ukuleles 3:00	**20** Reminder: You can Walk the Halls Monday-Friday in any weather ~ 8.5 laps is a mile!
23 **Out & About* 9:00** Beg. Drawing* 9:30 Stretch & Strength10:15 FAWC Writing Class* 1:30	**24** Yoga 9:00 Painting* 9:30 Coffee Hour 9:30 - 11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*	**25** Adv. Draw* 9:30 Strength Training 10:15 Knitting 1:00 Classic Movie 1:30	**26** Yoga 9:00 Chair Yoga 10:30 Handling Challenges 11:00 Grace Notes 3:00 Podiatrist*	**27** **Foods to Encourage 9:00-11:00** (call by Thursday at 4:00 pm for a ride)
30 **Out & About* 9:00** Beg. Drawing* 9:30 Stretch & Strength10:15 FAWC Writing* Class 1:30 SHINE*	**31** Yoga 9:00 Painting* 9:30 Coffee Hour 9:30-11:30 Documentary 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle* Taxes*		**SENIOR CENTER HOURS** **MON-THURS 8 AM - 5 PM** **FRIDAY 8 AM - NOON**	**APPOINTMENTS** ***HEARING EVALS*** **508-255-1285** ***MEALS ON WHEELS*** **508-349-2658** ***VETERANS AGENT*** **508-487-7099**

PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

RIDDLE ME THIS….

* **What can you break, even if you never pick it up?** _____
* **What is full of holes but still holds water?** _____
* **What is always in front of you but can't be seen?** _____
* **What can you keep after giving to someone?** _____
* **What month of the year has 28 days?** _____
* **I know a word of letters three. Add two, and fewer there will be.** _____
* **What has many keys but can't open a single lock?** _____
* **Where does today come before yesterday?** _____
* **What has lots of eyes but can't see?** _____
* **I am an odd number. Take away a letter and I become even. What number am I?** _____

PLEASE CONTACT THE CENTER FOR THE ANSWERS TO THESE RIDDLES