PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

MAY 2020

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CARLA MANCINO - ***PROGRAM ASSISTANT***

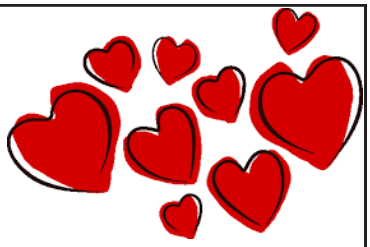
The Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines,



First and foremost, on behalf of the COA staff, we miss you and love you and are looking forward with eager anticipation to the day when we can chat and laugh and enjoy each other's company again at the Senior Center. Visualizing that makes our hearts sing!

Over the years, we have shared so much together: personal challenges, life's ups and downs, happy occasions. During these unprecedented times, these connections are sustaining us because they live in our hearts. They are strong and can withstand the sadness of being apart, the pain of loss and the space in our daily lives, including missing seeing each other at the Center.

For me, one of the unexpected lessons of this separation has been the realization that the bonds between us feel strengthened in some ways. This shared experience has deepened our awareness of the importance we hold in each other's lives: staff, volunteers, instructors and each of you. What we may have once taken for granted, we now treasure so very much. The Center is about the connections we make, for a moment or for a lifetime, and they are eternal.

I have also been inspired by our beloved community's resilience, especially as shown in the acts of selflessness that are happening daily. We have always said that we take care of each other in Provincetown. The kindness that has been so overwhelmingly present is what sustains us; always has, always will. We are especially grateful during these times to all who are providing critical services as we go through this together.

I have absolute faith in our strength and resolve. When we come back together, we will jump for joy and cry tears of appreciation and breathe deep breaths of relief. Together, we will honor our losses and together we will walk new paths and create new connections, as always, holding each other in our hearts.

In the meantime, call us for anything. We're working and we want to hear from you! We are also making check-in calls to anyone who would like to receive one. Call us to sign up or to speak with a staff member. Our number is the same: 508-487-7080.

Enjoy this edition of *Coastlines* and know that we're thinking of you every day.

Let's stay connected! ~ *Chris*

WE ARE HERE FOR YOU: CALL 508-487-7080

ENJOY MOVIES ON KANOPY

FREE ONLINE MOVIES

with

KANOPY

The Provincetown Library offers its members free access to Kanopy. Kanopy is a an online streaming service which allows users to view10 free movies a month.

Categories include:

- Movies
- Documentaries
- The Arts
- Business
- Education
- Health
- Science
- Instructional films

……and more

To enjoy this free service go to:

www.provincetownlibrary.org.

⇒ At the top of the page you will see **Kanopy**.

⇒ Click on the **Kanopy icon**.

⇒ To use Kanopy follow the instructions highlighted in red, **"ADD LIBRARY CARD".**

***You will need to know your personal pin number or password. If you do not have this information you contact the library by calling* 508-487-7094 *or by email:* araff@provincetown-ma.gov**

Once you have entered your library card number and pin number you will be asked to choose a username and password. Don't forget to write your username and password down in a safe place.

Now the only thing left to do is decide which of the many movies you are going to watch!

Enjoy and don't forget the popcorn!

~ Rick

FROM NANCY'S KITCHEN

SORT OF STRACCIATELLA SOUP

Here is a recipe for easy, good and nutritious soup that you can easily substitute ingredients with items you may have available.

INGREDIENTS:

8 cups vegetable broth
  maybe chicken broth
2 bunches spinach
  maybe frozen, thawed with moisture squeezed out
2 cloves garlic
  maybe garlic powder
15 oz can cannellini beans
  maybe navy or pinto
2 tablespoon olive oil
3 eggs
½ cup grated Parmesan cheese
  maybe another hard cheese
Kosher salt or table salt
fresh ground or pre-ground black pepper

PREPARATION:

Clean, de-stem, chop, spinach or squeeze out moisture. Peel garlic if you have fresh. Drain and rinse beans.

Heat olive oil in large pot, add whole garlic or powdered and heat to infuse oil. Remove whole garlic when browned. Stir in spinach, cover and simmer for 3 minutes.

Bring broth to boil in large pot.

When broth has come to a boil, add spinach and simmer for 2 minutes.

Beat eggs in small bowl, then mix in cheese. Temper eggs by pouring a small amount of hot broth into eggs while beating eggs.

Heat broth to a simmer and rapidly swirl with a spoon while slowly pouring egg mixture into pot forming rags - egg-drop soup effect.

Add beans, season with 1 teaspoon salt (salt and pepper to taste).

If you make enough substitutions,
maybe it should be called
Maybe Soup.

Good lunch! Enjoy! ~ Nancy

SENIOR CENTER OUT & ABOUTS WITH DONNA

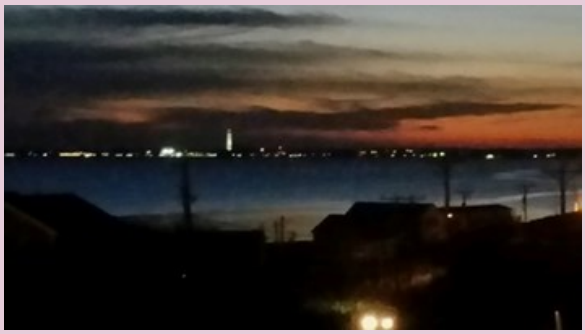
Until we can schedule Out & About trips again,
please enjoy these places you can explore from the comforts of your home.
Use the link below for safaris, museums, aquariums, musical performances
and more from around the globe!

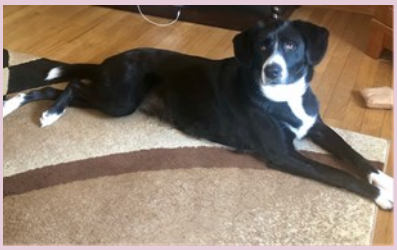
https://www.cntraveler.com/story/all-the-museum-exhibits-symphonies-and-operas-you-can-enjoy-from-home

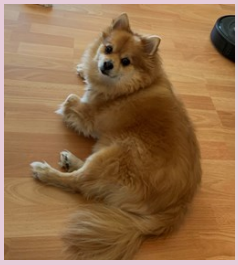
We welcome your ideas for future Out & Abouts, both new adventures as well as old favorites.
E-mail me at dszeker@provincetown-ma.gov or call Shannon at 508-487-7080.

'Afoot and light-hearted I take to the open road,
Healthy, free, the world before me,
The long brown path before me leading wherever I choose'
“Song of the Open Road” by Walt Whitman

FROM OUR HOMES TO YOURS…







FOR MORE WAYS TO STAY CONNECTED CHECK OUT OUR FACEBOOK PAGE

OUTREACH UPDATES Andrea Lavenets

2020 U.S. Census

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. Responding to the 2020 Census is a chance to shape your future. It will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than $675 billion in federal funds for states and communities each year. That includes money for our own Senior Center as well as public transportation, libraries, education programs, Supplemental Nutrition Assistance Program (SNAP), Medicare & Medicaid and temporary assistance for needy families.

The questions are simple: name, sex, age, date of birth, the information of the individuals that live in your home and their relationship to you. It is important to count everyone living in your home. The census will never ask for your Social Security numbers, bank or credit card numbers, about money or donations or anything related to political parties. They ask for your phone number in case they need to contact you for official Census Bureau business but will never share it. Your responses to the 2020 Census are safe, secure and protected by federal law. Your answers can only be used to produce statistics. They cannot be used against you by any government agency or court in any way.

If you haven't done so by now, there are 3 ways that you can complete the 2020 Census: paper questionnaires (large print available upon request), online at www.census.gov or by calling 1-844-330-2020. Please feel free to call me at 508-487-7080 if you have any questions.

With appreciation to...

...Each month we acknowledge the special people who have contributed their time, effort and generous hearts to make the world brighter for all of us, especially older adults. During these times when there are so many beautiful expressions of compassion in our community, we send every one of you our love and appreciation, until we are together again.

EVERYONE COUNTS!

Be sure to complete the 2020 Census.
It helps with COA grant funding!

NOTICE

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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.

WORD BUILDER

Find a 4-letter word for each blank below so that when added, two new words (sharing the same middle word) are created.

What is each word?

EXAMPLE:

BROKE_____TOWN (DOWN)

BROKE*DOWN* & *DOWN*TOWN

POST_____DOWN

FAIR_____PEN

CAKE_____WAY

BASE_____GAME

BACK_____WAY

RIDDLES

1) What gets wet while drying?
2) What can't talk but will reply when spoken to?
3) What has hands, but can't clap?
4) What building has the most stories?
5) If two's company, and three's a crowd, what are four and five?

JUST FOR LAUGHS

"Eggs are fantastic for a fitness diet. If you don't like the taste, just add cocoa, flour, sugar, butter, baking powder and cook at 350 for 30 minutes."

—Anonymous

I hope you have enjoyed these puzzles!

~ Shannon

REBUS PUZZLES

A REBUS is a picture representation of a name, work, or phrase.
Each "rebus" puzzle box below portrays a common word or phrase.

Can you guess what it is?

EXAMPLE:

"BIG DEAL"

FOR ANSWERS TO THE PUZZLES, CALL 508-487-7080 AND PRESS 2 FOR SHANNON

PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

MAY IS NATIONAL _____ MONTH

THESE ARE SOME OF THE TOPICS OF NATIONAL RECOGNITION IN THE MONTH OF MAY. CAN YOU FIND THEM ALL?

S Y Y A H Z X H Z Z O M F C E	CHAMBER MUSIC
P T T E S H O O Q B U E A H K	PRESERVATION
B F R E W L C V A R R M S A I	BARBECUE
P V J O F D A R D A B H P M B	STROKE AWARENESS
J E D Q K A B S C V P R A B Y	ASPARAGUS
D A L A S E S L Q Y E T R E R	DRUM
E G G N C D A R B S Z K A R R	HAMBURGER
Z K K U R T O W E K H R G M E	SALAD
X S E X N O F R A T Z M U U B	BIKE
T E Y E I J V A K R A E S S W	EGG
H C D X W A B R F G E W D I A	PHOTOGRAPHY
V M H U T Z H M N A G N L C R	SALSA
O N M I X H A M B U R G E R T	DENTAL CARE
U H O W S Q B A K S R Q C S S	STRAWBERRY
X N Y H P A R G O T O H P F S	WATER SAFETY