



COASTAL CONNECTIONS

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education.

Below is a list of virtual programs open to all.

FORENSIC ENTOMOLOGY: WHO DUNNIT? Wednesday, October 20 at 1:00 p.m. (via Zoom)

Insects are now used to investigate a number of problems ranging from contamination of foods, apartment problems to violent crimes including murder. Learn about the key bug players and how they have helped to solve crimes that conventional investigation techniques could not. Presented by Larry Dapsis, Cape Cod Cooperative Extension entomologist. *To register, please call the Barnstable COA at 508-862-4750.*

HOLLYWOOD HISTORY-JAMIE LEE CURTIS: THE HALLOWEEN SEASON'S SCREAM QUEEN

Wednesday, October 20 at 3:30 p.m. (via Zoom)

A look at the life and career of the dramatic and comedic actress, including her legacy as the horror genre's 'Scream Queen' - and her talents as a bestselling children's book author!! With 2019's smash hit Knives Out and two more Halloween sequels in the works, she shows no signs of slowing down!! Come to the center to watch or watch from home. Presented by Frank Mandosa. *To register, please call the Barnstable COA at 508-862-4750.*

MASTER GARDENER: LIFELONG GARDENING Thursday, October 21 at 10:00 a.m. (via Zoom)

Gardening is a restorative hobby for many of us. This presentation will focus on ways to continue gardening as we age and navigate other life changes. We'll explore special tools, methods, and other adaptations that allow us to continue our connection to plants and the earth as a whole. Presented by Master Gardener Cherie Bryan. *To register, call the Harwich COA at 508-430-7550.*

BETTER BUSINESS BUREAU: SCAMS & FRAUD PROGRAM Monday, October 25 at 9:30 a.m. (via Zoom)

This informational session will cover the most common scams currently circulating in the community, major red flags to watch out for, and the precautionary steps we can take to protect ourselves from falling victim. Presented by the Better Business Bureau of Eastern MA. *To register call the Chatham COA at 508-945-5190.*

PUTTING YOUR GARDEN TO BED Tuesday, October 26th, 1:30-3 p.m. (via Zoom)

Presented by Donelle Denery, Master Gardener. This program will focus on preparing your gardens for the winter ahead. Specific topics will include dividing perennials, planting garlic, cleanup, maintenance and looking ahead to next year's garden. *To register call the Orleans COA at 508-255-6333.*

WOMEN'S RADICAL AGING GROUP Wednesday, October 27 at 9:30 a.m. (via Zoom)

Women's Radical Aging Gatherings provide us with a confidential space to speak of our experiences of aging: to be heard as we talk about the hard things we carry and the daily joys we gather. This is our place to offer support and connection to each other. Our shared experience is an opportunity to revitalize our spirits! Facilitated by Mary DeRocco, MA, LMHC, LMFT. *To register call the Provincetown COA at 508-487-7080.*

EMERGENCY BROADBAND BENEFIT Thursday, October 28 at 10 a.m. (via Zoom or in person)

Join us either via zoom or at the Mashpee Senior Center as the Massachusetts Law Reform Institute hosts a virtual presentation on the Emergency Broadband Benefit (EBB), a new federal program that provides discounts on internet subscriptions and a one-time discount for a device to eligible households. Many Cape Cod seniors are eligible because they receive Medicaid/MassHealth, SSI, SNAP, Veterans/Survivors Pension benefits, or have low incomes. Join us to learn more about if you're eligible for the program and how to apply. To register call the Mashpee COA at 508-539-1440. For more information on the program visit their website at [GetEmergencyBroadband.org](https://www.mass.gov/getemergencybroadband)

Zak Mertz is a licensed wildlife rehabilitator, and along with talking about the biodiversity on Cape Cod, he will go over what to do if you come across a wild animal, and some tips to help fauna thrive in your own backyard. *To register call the Chatham COA at 508-945-5190.*

SENIOR PLANET
FROM **AARP**

Computer Essentials Class

Hosted by: Provincetown Council on Aging

Dates: October 20 – November 22, 2021

Days: Mondays and Wednesdays for 5 Weeks

Time: 11:00 a.m. – 12:30 noon

Location: Veteran's Memorial Community Center at 2 Mayflower St.

Cost: FREE!

COURSE DESCRIPTION: This 5-week course will cover the essentials of how to use the basic functions of a personal computer, how to safely navigate the internet, how to organize electronic files, how to send and receive email, and much more. By the end of the course, you'll have a foundation for using a computer and the internet to enrich your life!

PRE-REQUISITES: None. This course is designed for people who have never used a computer or have very little experience and want a solid introduction.

Sign Up Today!

Call: Elder Services at

508-394-4630 x540

Email:

SeniorPlanet@escci.org

Space is limited!

**Proof of vaccination
required at registration;
religious or health
exemptions honored.**



OATS | OLDER ADULTS
TECHNOLOGY
SERVICES
FROM **AARP**



**SIGHT LOSS SERVICES, INC.
CAPE AND ISLANDS
South Dennis, MA
508-394-3904
www.sightloss.org**

**Sight Loss Services invites you to learn about
our organization and the services we offer to
those who are blind or visually impaired**

10:00am, Wednesday, October 6th

**Provincetown COA
at the Veteran's Memorial
Community Center**

**Open to all regardless of age, degree of
impairment or reason for impairment**

Services are offered free of charge

**Learn what it means to be legally blind and
how that differs from being visually impaired**

Learn about resources available on Cape Cod

Take home a small adaptive aid

**Because no one should go through vision
loss alone. Sight Loss Services
is here to help.**

Register by October 5th 508-487-7080

BURIED IN TREASURES WORKSHOP



This free, 14-session workshop
is based on the book
*Buried in Treasures:
Help for Compulsive Acquiring, Saving and Hoarding*
by David Tolin, Randy Frost and Gail Steketee.

All who attend will:

- ** Receive support from others
- ** Receive a copy of the Buried in Treasures book
- ** Develop strategies to de-clutter your home
- ** Change problematic acquiring and discarding behaviors

Dates: Thursdays beginning October 14, 2021
*please note this is a 14-class commitment

Time: 1:00 - 2:30 p.m.

Location: Veterans Memorial Community Center (VMCC)
2 Mayflower Street (off Winslow Street), Provincetown

Facilitator: Carol Bishop, LICSW

REGISTRATION REQUIRED / SPACE IS LIMITED SO CALL SOON:

CALL ANDREA AT 508-487-7080

SPONSORED BY THE PROVINCETOWN HEALTH DEPARTMENT

HOSTED BY THE PROVINCETOWN COUNCIL ON AGING