

# Vaccine Clinic



*Help to stop the spread and  
protect yourself against the  
flu and COVID-19*



Regular flu vaccines, high dose flu vaccines, and  
bivalent COVID vaccines will be available to  
all Provincetown residents and town employees.

**Where: Veterans Memorial Community Center  
2 Mayflower St (off Winslow St)  
Provincetown**

**When: Monday, October 17  
1pm- 3pm**

*Both vaccines can be given at the same time.*

To register for your vaccines, please call the VNA of  
Cape Cod Public Health and Wellness:

**(508) 957- 7423**



VISITING NURSE ASSOCIATION  
OF CAPE COD

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# Strong at Heart Exercise Program

This free exercise program is recommended for generally healthy older adults. A mix of interval training and circuit training that will keep your heartrate up and muscles engaged, building strength and endurance!



**Where:** Provincetown Senior Center

**When:** Thursdays

**Time:** 1:30 - 2:30

**Dates:** November 3 - December 15

**\*No class Thursday November 24<sup>th</sup>**

**ADVANCED REGISTRATION IS REQUIRED**

*A completed VNA application is required prior to start of program.*

**For more information or to sign up,  
please contact the VNA of Cape Cod  
(508) 957 – 7423**

**The Provincetown Senior Center  
2 Mayflower Street  
&**



**Offer a**

# Death Cafe

**MONDAY, OCTOBER 31ST**

**11AM-12:30PM**

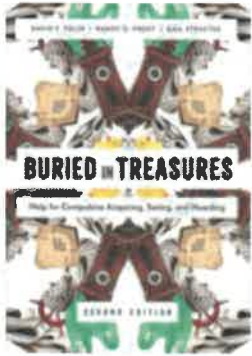
A community conversation about death and dying. Participating in a Death Cafe is an opportunity to nurture a positive and curious relationship to death and dying and to help each other make the most of our (finite) lives. The event will be facilitated by Dawn Walsh, co-founder and director of the Lily House, a community home for living and dying.

We hope you are able to join us!

Call 508-487-7080 to register.



# BURIED IN TREASURES WORKSHOP



This free, 16-session workshop open to Provincetown residents 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 20, 2022

\*please note this is a 16-week group ending February 9, 2023

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*