

# PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER  
Veterans Memorial Community Center / VMCC  
2 Mayflower Street ~ Provincetown, MA 02657

## JANUARY 2023

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ANDREA LAVENETS - *OUTREACH COORDINATOR*  
SHANNON COREA - *ADMINISTRATIVE ASSISTANT*  
DONNA SZEKER - *VAN DRIVER / OFFICE AIDE*  
SHANE LANDRY - *PROGRAM COORDINATOR*  
NANCY DOOLEY - *COOK / MEAL COORDINATOR*

*Your Place to Connect!*

**508-487-7080**

[www.provincetown-ma.gov](http://www.provincetown-ma.gov)

*Follow us on Facebook!*

## *Welcome to Coastlines!*

From all of us at the Senior Center to each and every one of you, we wish you a happy new year full of all you dream of and more! We are looking forward to seeing you in 2023 and hope that not only is spending more time at the Senior Center one of your resolutions, but that it is the one resolution you keep!

One of the things we're excited about this month is that we are moving into the final phase of implementing MySeniorCenter. Many of you are familiar with our paperless sign-in kiosk in the lobby that we introduced last year. This system allows you to scan a personal key tag to sign in to programs or track volunteer hours. It is designed to increase efficient tracking of data and reduce paper, including the paper attendance/waiver sheets you have been signing each time you participate in a program.

Beginning January 3, the first time you sign in to the system, you will be prompted to sign an annual waiver. This new waiver will only have to be signed once a year and will eliminate the use of the paper sign-in sheets.

The new waiver is included as an insert in this issue of Coastlines. Please take time to read it now so that the first time you come to the Senior Center in January, you can easily scan your tag, sign the waiver electronically, and sign in. Reading it ahead of time will save time at the kiosk for you. If you prefer or need a paper waiver, please come to the COA main office prior to using the kiosk at your first visit in January for assistance.

If you have not yet been assigned a key tag, just stop by the COA office the next time you are at the Senior Center and ask for one. Everyone will be required to sign the waiver before being able to sign in and participate in programs. Staff will be available to assist you at any time and please contact us with any questions you might have.

We are happy to join the many Senior Centers nationally who are using MySeniorCenter and appreciate all of you who have adapted so quickly and easily to the new system.

Our lounge also has a new look for the new year. We have moved computers into the lounge and invite you to use them whenever we are open. We are also thrilled to resume in-person winter coffee hours (yay!!) in the lounge. Check out all the other new and ongoing programs inside this issue.

All the best in '23! ~ *Chris*

**Happy  
New Year!**

**REGISTRATION REQUIRED FOR ALL PROGRAMS: CALL 508-487-7080**

**OUT & ABOUTS**



**BREAKFAST BUS:**  
**GRUMPY'S**

*Thursday 1/5 @ 9:00 am*

Start the new year at one of our favorite restaurants in Dennis. Bus donation: \$5. RSVP by 1/4.

**TEN PIN EATERY AND BOWLING**

*Thursday 1/12 @ 10:00 am*

Ten Pin Eatery at the Cape Cod Mall offers 11 bowling lanes (big ball) with table seating along with casual food. Bowling: \$35/hr (6 people per lane); plus shoe rental: \$4. Bus donation: free. RSVP by 1/11.

**OUT TO LUNCH: 400 EAST**

*Thursday 1/19 @ 11:00 pm*

Good food in a relaxed, friendly atmosphere in West Harwich. Bus donation: \$5. RSVP by 1/18.

**THE CENTER FOR CULTURE AND HISTORY IN ORLEANS (CHO)**

*Thursday 1/26 @ 9:30 am*

Visit the exhibits and enjoy a presentation by a CHO member of "Snapshots In Time: Orleans in the Early 1900s by Harry Sparrow!" 200+ glass-plate photo negatives were discovered in an Orleans attic showing exceptional images of Orleans' past--people, places and daily life. Lunch at The Yardarm. Museum admission: free. Bus donation: \$3. RSVP by 1/20.

**TRANSPORTATION**

***HYANNIS / RMV***

***ORLEANS***

***SENIOR SHUTTLE***

In-town destinations upon request

***OUT & ABOUT EXCURSIONS***

***MEDICAL APPOINTMENTS CAPE-WIDE***

Provincetown residents 60 +

Call 508-487-7080 for info.

**ONGOING PROGRAMS**

**STAY ACTIVE**

*YOGA with Kate Wallace Rogers*

*YOGA with Christine Frisco*

*CHAIR YOGA with Kate Wallace Rogers*

*WALK THE HALLS*

**CREATE / LEARN**

*GOING WITH THE GRAIN*

*GRACE NOTES UKULELES with Mary Abt*

*PAINTING with Steve Kennedy*

*TRAVELOGUE with Larry Moodry*

**RELAX / SOCIALIZE / PLAY A GAME**

*BRIDGE*

*CHECKERS / CHESS / SCRABBLE*

*COMPUTERS*

*KNITTING CIRCLE*

*LOUNGE: Read, do puzzles, enjoy coffee and more!*

*MOVIES / CLASSIC MOVIES*

*WINTER COFFEE HOUR*

**BE WELL**

*PODIATRIST*

*VNA CLINIC: SCREENINGS / BLOOD PRESSURE*

*WELLNESS & RESOURCE PRESENTATIONS*

**ENJOY A MEAL**

*BREAKFAST BUS*

*"LUNCH BUNCH": LUNCH @ SENIOR CENTER*

*OUT TO LUNCH*

**GET SUPPORT & ASSISTANCE**

*COA OUTREACH ~ HOME, OFFICE VISITS*

*ALZHEIMER'S FAMILY SUPPORT CENTER*

*EMERGENCY PLANNING ASSISTANCE*

*EYE GLASSES DONATION*

*FOOD PANTRY & NUTRITION PROGRAMS*

*LEGAL ASSISTANCE*

*MEDICAL EQUIPMENT LOAN*

*RETIRING A FLAG*

*SENIOR R.E. TAX ABATEMENT PROGRAM*

*SHINE: HEALTH INSURANCE INFO*

*SIGHT LOSS SUPPORT GROUP*

*STORM REASSURANCE*

*TECH HELP*

*VETERANS SERVICES*

## JOIN US FOR NEW PROGRAMS IN JANUARY

**\*REGISTRATION REQUIRED FOR ALL PROGRAMS: 508-487-7080\***

### **PAINTING**    *Tuesdays beginning 1/3 @ 9:30 am - 12:30 pm*

A 6-week session with local artist Steve Kennedy for students who have some painting experience. Classes include individualized instruction. Call for info, fees and registration.

### **Wii BOWLING**    *Tuesdays beginning 1/3 @ 10:00 - 11:00 am*

Wii Bowling is back! Join us for some friendly competition.



### **WINTER COFFEE HOUR**    *Thursdays beginning 1/5 @ 9:30 - 11:30 am*

It's getting colder and sometimes harder to motivate ourselves to get out of the house. We've got just the antidote to the winter blues. Join others for a hot beverage and conversation.

### **WEAVING**    *Thursdays beginning 1/5 @ 1:00 - 4:00 pm*

In this 6-week session, students will set up a four-harness table loom to weave a table runner, placemat or pillow cover. Taught by Janet Beattie, who has a degree in Applied Arts with an emphasis on weaving and textile design, this class is for beginners or those with some weaving experience. Call for info, fees and registration.

### **TRAVELOGUE: NEW GUINEA**    *Wednesday 1/4 @ 1:15 pm*

Larry Moodry shares his travels using a DVD slide show and artifacts he has collected along his journeys.

### **TECH HELP**    *Monday 1/9 @ 1:00 - 3:00 pm*

Amy Raff, Provincetown Library Director, will offer drop-in tech assistance for phones, laptops, tablets and e-Readers. Bring your questions and your device. No appointment needed.

### **VNA BLOOD PRESSURE CLINIC ~ ASK-A-PHARMACIST**    *Tuesday 1/10 @ 10:00 am - noon*

The VNA provides a free monthly bp clinic. This month, a Cape Cod Healthcare pharmacist will answer any questions you have about prescription/over-the-counter medications and immunizations. Drop in - no appointment needed.


### **STRONG AT HEART**    *Thursdays 1/12 ~ 3/2 @ 1:00 pm*

The VNA offers this free exercise program recommended for generally healthy older adults. It is a mix of interval training and circuit training that will keep your heartrate up and muscles engaged, building strength and endurance. A completed VNA-MD application is required before participating so call soon: 508-957-7423.

### **AUTHOR SERIES: JEANNETTE DE BEAUVOIR**    *Wednesday 1/18 @ 1:30 pm*

We are pleased to present Provincetown author Jeannette de Beauvoir who has written several novels including the Sydney Riley Provincetown Mystery Series, with a new title coming this spring. Jeannette will talk about her writing and sign books for sale. RSVP by 1/16.

### **PROVINCETOWN ART ASSOCIATION & MUSEUM**    *Monday 1/23 & 30 @ 9:30 - 10:45 am*

 Join the Provincetown Schools youth and PAAM for a lively cross-generational art making Program at the Senior Center. In our first class, COA participants and Provincetown 2nd graders will engage in conversation around artworks from the Museum's permanent collection facilitated by Grace Emmet, PAAM's Curator of Community Education. In part two, participants will create their own works of art inspired by Provincetown and the natural landscapes. Participants' artwork will be shown in an educational exhibition at PAAM. RSVP by 1/20.

### **GOING WITH THE GRAIN**    *Thursday 1/26 @ 10:00 am*

Join Shane Landry as he discusses using grains in everyday baking and cooking. Includes a cooking demo, samples and a recipe to take home. This month's featured grain is oats. RSVP by 1/24.

### **REAL ID (REGISTRY OF MOTOR VEHICLES)**    *Tuesday 1/31 @ 10:00 am*

An RMV representative will provide info on new federal/state requirements for driver's license and ID card renewals. RSVP by 1/27.

**OUTREACH UPDATES Andrea Lavenets**

**PROVINCETOWN  
PUBLIC SAFETY RESOURCES**

**COA Storm Reassurance List**

In case of a predicted storm, participants will be contacted by COA staff to determine if they have adequate supplies in preparing for possible power outages, etc. If you live alone, are disabled, use oxygen or other special medical equipment or feel you could benefit from this program, call Outreach Coordinator Andrea Lavenets at 508-487-7080 to sign up.

**Town of Provincetown Emergency Alerts**

The Town of Provincetown has a notification system that alerts citizens in the event of an emergency, such as a power outage, boil water order, severe weather, or if the Town shelter opens. You can opt to receive messages through your landline, cell phone, e-mail or text. To register, go to the Town website at [www.alerts.provincetown-ma.gov](http://www.alerts.provincetown-ma.gov) and scroll down to "Sign Up". Call Andrea at 508-487-7080 if you need assistance signing up.

**Special Assistance Information Form**

Residents of any age requiring assistance during an emergency, such as an evacuation or one that might warrant opening of the Town emergency shelter, can sign up so that arrangements can be made in advance by the Police Department. Go to the Town website at [www.provincetown-ma.gov](http://www.provincetown-ma.gov) to register, click on "Departments/Council on Aging/Special Assistance Information Form.". If you do not have internet access, call Andrea at 508-487-7080.

As a friendly reminder, prepare ahead for storms in addition to signing up for the above programs.

FEMA suggests preparing your home, paying attention to the weather, gathering supplies in case you need to stay home for several days such as medications and needs for pets, and creating an emergency supply kit.

*With appreciation to...*

...our SHINE counselors, Dick and Betty, for not only ably assisting residents during Medicare Open Enrollment but for adding extra appointments to help as many people as they could.  
 ...Diane "Cubby" Johnson for providing holiday cards and stamps for people to complete and then mailing them, too. One of many angels at the holidays!  
 ...Provincetown Library Director Amy Raff for offering tech assistance each month. So helpful!  
 ...Elder Services of Cape Cod & the Islands, Family Pantry of Cape Cod, and Lower Cape Outreach Council for providing holiday meals and food for residents at Thanksgiving. So thankful for all they do!



**WINTER WEATHER POLICY**

*If Provincetown Schools are closed, Senior Center programs and rides will be cancelled. The office will be open.*

*If the Town of Provincetown offices/Town Hall are closed, the Senior Center office will not be open. All programs and rides will be cancelled.*

*For your safety, rides and programs may be cancelled at other times based on weather*

**NOTICE**

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**COUNCIL ON AGING BOARD**


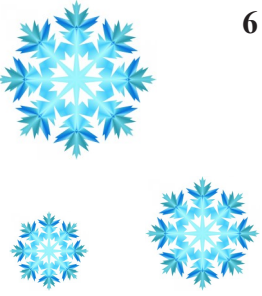


- David Ketchum (Chair)
- Penny Sutter (Vice-Chair)
- Deb Meadows (Clerk)
- Barbara Yates

**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.

# JANUARY 2023

*\*Registration required for all programs 508-487-7080*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>SENIOR CENTER CLOSED</u></b> 2</p> 	<p>Yoga 9:00 3                      Painting 9:30                      Wii Bowling 10:00                      Movie 1:30                      Senior Shuttle</p>	<p>Yoga 11:00 4                      Lunch Noon                      Travelogue 1:15                      Knitting 1:30                      Veterans Agent                      508-778-8740</p>	<p>Chair Yoga 9:00 5                      Breakfast Bus 9:00                      Coffee Hour                      9:30-11:30                      COA Board 10:00                      Grace Notes 11:30                      Weaving 1:00                      Treasures</p>	 <p>6</p>
<p>Orleans Bus 9                      Tech Help                      1:00-3:00                      Bridge 1:00</p>	<p>Yoga 9:00 10                      Painting 9:30                      BP Clinic &amp;                      Pharmacist                      10:00 - Noon                      Wii Bowling 10:00                      Movie 1:30                      Senior Shuttle</p>	<p>Yoga 11:00 11                      Lunch Noon                      Knitting 1:30                      Veterans Agent                      508-778-8740                      SHINE</p>	<p>Chair Yoga 9:00 12                      Coffee Hour                      9:30-11:30                      Out &amp; About 10:00                      Grace Notes 11:30                      Strong at Heart                      1:00                      Weaving 1:00                      Treasures                      Podiatry</p>	<p>Alzheimer's 13                      Family Support                      Center Groups                      508-896-5170</p>
<p><b><u>SENIOR CENTER CLOSED</u></b> 16</p> 	<p>Yoga 9:00 17                      Painting 9:30                      Wii Bowling 10:00                      Movie 1:30                      Senior Shuttle</p>	<p>Yoga 11:00 18                      Lunch Noon                      Knitting 1:30                      Author Series                      1:30                      Veterans Agent                      508-778-8740</p>	<p>Chair Yoga 9:00 19                      Coffee Hour                      9:30-11:30                      Out to Lunch 11:00                      Grace Notes 11:30                      Strong at Heart                      1:00                      Weaving 1:00                      Treasures</p>	<p>Sight Loss 20                      Support Group                      9:30                      508-394-3904</p>
<p>Hyannis/RMV 23                      Bus                      PAAM 9:30                      Bridge 1:00                      Vet Center Social                      Worker                      508-778-0124</p>	<p>Yoga 9:00 24                      Painting 9:30                      Wii Bowling 10:00                      Movie 1:30                      Senior Shuttle</p>	<p>Yoga 11:00 25                      Lunch Noon                      Classic Movie                      1:15                      Knitting 1:30                      Veterans Agent                      508-778-8740</p>	<p>Chair Yoga 9:00 26                      Out &amp; About 9:30                      Coffee Hour                      9:30-11:30                      Grains 10:00                      Grace Notes 11:30                      Strong at Heart                      1:00                      Weaving 1:00                      Treasures                      Podiatry</p>	<p>Alzheimer's 27                      Family Support                      Center Groups                      508-896-5170</p>
<p>PAAM 9:30 30                      Bridge 1:00</p>	<p>Yoga 9:00 31                      Painting 9:30                      Wii Bowling 10:00                      Movie 1:30                      Senior Shuttle                      Real ID 10:00</p>		<p><b>Wednesday lunches require an RSVP by noon on the Thursday before: 508-487-7080</b></p>	<p><b><u>SENIOR CENTER HOURS</u></b>                      MON-THURS                      8 AM - 5 PM                      FRIDAY                      8 AM - NOON</p>



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSR STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## SUDOKU

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

				7		8		
	9	5			8	3		4
	1	3		2				9
		4			2			
	8				9		7	
								5
3					1			
			5	8		9		3
			3		4			