

PROVINCETOWN COASTLINES

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

MARCH 2023

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NANCY DOOLEY - *COOK / MEAL COORDINATOR*

Your Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

Lace up your sneakers! The Walk Massachusetts Challenge is back and better than ever. Sponsored by Massachusetts Councils on Aging (MCOA), the Challenge gets you moving and offers the chance for both participants and the Senior Center to win prizes.



It is well-documented that walking has numerous physical and mental health benefits. Regardless of how far or fast you walk, whether you use a cane or a walker, or whether you walk outside or in, remaining active is key to aging well and living independently. Plus, walking the Walk Massachusetts Challenge is a fun way to build community!

The challenge runs May 1 to October 31, 2023. Here's how it works:

- * The Challenge is open to Massachusetts residents 18+ years of age.
- * Online registration is required at www.walkmachallenge.com. An e-mail address is not needed, only a user name and password. If you need help, COA staff can assist you.
- * Six different challenges are offered based on number of days or miles walked.
- * Choose one challenge and each time you meet a milestone, you are entered to win a gift card. For each person who completes the Challenge, the COA is entered to win funding for programs.
- * If you'd rather jog or run, that's fine, too!
- * Contact us with questions and let us know when you sign up.

The challenge has become an annual tradition here and we're hoping that we have more people participate this year than ever. Staff will be walking, too, and remember that you can join the Senior Center's weekly walking group in the spring and fall to increase steps and enjoy each other's company.

Happy walking! ~ *Chris*

ONGOING PROGRAMS

*** REGISTRATION REQUIRED: 508-487-7080**

DROP-IN ANYTIME

WALK THE HALLS

Walk indoors to stay warm and dry. 8 laps = 1 mile.

LOUNGE ~ LIBRARY ~ COMPUTERS

The lounge is the place to relax with a cup of tea or coffee. Our library has hundreds of books to choose from and read in a comfy chair or borrow to take home. Enjoy quiet activities like puzzles, coloring, or a game of chess, checkers, or Scrabble. Check your email or go online on the computers. Come on in!

SEE A MOVIE

MOVIE MATINEE

Tuesdays @ 1:30 pm

Showing current films each week. Call for info.

CLASSIC MOVIE

Wednesday 3/22 @ 1:15 pm

Classic movie in March will be from the 70's.

RELAX / SOCIALIZE

BRIDGE

Mondays @ 1:00 pm

Drop-in contract bridge group for players with some experience.

KNITTING CIRCLE

Wednesdays @ 1:30 pm

Bring a project and knit with others.

WINTER COFFEE HOUR

Thursdays @ 9:30-11:30 am

Drop in for a cup of tea or coffee and conversation.



ENJOY A MEAL

LUNCH BUNCH

Wednesdays @ Noon

Enjoy our weekly lunch. Rides provided. RSVP by Thursday of the week before. Donations appreciated.

STAY ACTIVE / BE WELL

YOGA: POETRY IN MOTION *

Tuesdays mat @ 9:00 am

Thursdays chair @ 9:00 am

Kate Wallace Rogers offers a poem and meditation at each class. Call for info.

YOGA: GENTLE MAT CLASS *

Wednesdays @ 11:00 am

Christine Frisco leads this class which includes mild strength training. Call for info.

Wii BOWLING

Tuesdays 10:00-11:00 am

Drop in for some friendly competition!



VNA BLOOD PRESSURE CLINIC

2nd Tuesday of the month @ 10:00 am - Noon

Free bp clinics to residents of all ages and town employees.

PODIATRY *

Dr. Frank Campo provides podiatry services for older adults. Appointments required.

CREATE / LEARN

TRAVELOGUE: Great Barrier Reef

Wednesday 3/1 @ 1:15 pm

DVD presentation with world traveler Larry Moodry.

TECH HELP

Monday 3/13 @ 1:00 - 3:00 pm

Library Director Amy Raff offers drop-in assistance for phones, laptops, tablets and e-Readers.

GOING WITH THE GRAIN: QUINOA *

Thursday 3/30 @ 10:00 am

Cooking demo, samples, recipes with Shane Landry.

PAINTING *

Tuesdays @ 9:30 am

6-week sessions with Steve Kennedy. Call for info.

GRACE NOTES UKULELE & SINGING

Thursdays @ 11:30 am

Mary Abt leads a fun time of singing and strumming.

NEW PROGRAMS

REGISTRATION REQUIRED FOR ALL NEW PROGRAMS: 508-487-7080

A MATTER OF BALANCE *Starting in April*

See the flier on the back of the calendar insert for information about this free, new fitness program!



AARP FOUNDATION TAX ASSISTANCE

Free assistance with simple tax returns for Provincetown residents. Appointments fill up fast so call soon!

MUSIC SALON: PETER DONNELLY & JON RICHARDSON *Wednesday 3/8 @ 1:30 pm*

Come listen to this amazing singer/song-writer duo based right here in Provincetown. You are sure to like their tight harmonies and quirky arrangements of folk and country tunes. RSVP by 3/6.

WEAVING *Thursdays @ 1:00 pm, beginning March 9*

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 6-session class is for beginners or those with some weaving experience. Call 508-487-7080 for fees, info, sign-up.

LET'S PLAY RUMMIKUB *Thursdays 3/9, 3/16, 3/23, 3/30 @ 2:00 pm*

Come learn and play Rummikub with others. If you have some experience, help us teach others...let's get a game started! This fun, logical game is like Rummy, but played with tiles instead of cards. It's a great workout for your brain and is sure to keep you sharp. RSVP a week before the session you want to attend.

COOKING ON A BUDGET- TIPS AND TRICKS *Monday 3/13 @ 1:30 pm*

Does buying in bulk always save money? How can you cook once and eat 2 or 3 meals? What about simple ways to plan for meals? What about coupons? Join a Nutrition Educator from Cape Cod Cooperative Extension to learn smart tricks to eat healthy on a budget. Recipes, tips and tasting opportunities included. RSVP by 3/10.

ST. PATRICK'S DAY LUNCH & PARTY *Wednesday 3/15 @ 12 pm*

Celebrate St. Patrick's Day with us! Wear your best "hol O'day" green and sing-along to festive Irish songs. A traditional corned beef meal with potatoes and Irish carrots. Tons of fun without the green beer! RSVP by 3/9.

AUTHOR SERIES : HEIDI JON SCHMIDT *Wednesday 3/15 @ 1:30 pm*

Join us for a conversation, reading and book signing with this local author. Heidi's most recent books, *The Harbormaster's Daughter* & *The House on Oyster Creek*, work toward understanding the life of the Outer Cape in all its different aspects. Open to all. RSVP by 3/13.

STRONG AT HEART *Thursdays @ 1:30 pm, beginning March 16*

The VNA offers this 8-week free exercise program for generally healthy older adults. It is a mix of interval training and circuit training to keep your heart rate up and muscles engaged, building strength and endurance. A completed VNA-MD application is required before participating so call soon. Contact the VNA: 508-957-7423.

CLAMS UPGRADE *Monday 3/20 @ 1:00 pm*

All CLAMS libraries unveiled a new online catalog called "Aspen Discovery" on February 27th. This new catalog looks a little different than the one you are used to, but functions similarly. Library Director Amy Raff will be here to inform you all about the new system, the improved features it offers, and answer any questions you have. RSVP by 3/17.

RED CROSS: FLOOD PREPAREDNESS *Wednesday 3/29 @ 1:30 pm*



A Disaster Program Manager will go over the basics of individual preparedness. Learn the difference between a flood watch, warning, and flash flood warning. They will also go through how to prepare by having an emergency kit, making a plan, what to do during/after a flood, and recovery. RSVP by 3/24.

See Pages 2 & 4 for ongoing programs and Out & Abouts!

OUT & ABOUTS

REGISTRATION REQUIRED FOR ALL PROGRAMS: 508-487-7080



BREAKFAST BUS: KELTIC KITCHEN

Thursday, March 9 @ 8:30 am

Enjoy a traditional hearty Irish breakfast in W. Yarmouth followed by a visit to The Keltic Kottage. Bus donation: \$5; RSVP by 3/8.

CAHOON MUSEUM OF AMERICAN ART

Thursday, March 16 @ 9:30 am

See the new exhibit, "Wampum: Stories from the Shells of Native America", at this museum in Cotuit. Lunch at The Fig Tree Café. Admission: free. Bus donation: \$5. RSVP by 3/15.

THE CENTER FOR CULTURE & HISTORY IN ORLEANS (CHO)

Thursday, March 23 @ 9:30 am

View the exhibits and enjoy a special presentation of "Snapshots In Time: Orleans in the Early 1900's 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 [donations accepted]. Bus donation: \$3. RSVP by 3/17.

OUT TO LUNCH: JAKE ROONEY'S

Thursday, March 30 @ 10:30 am

Good food, extensive menu in a comfy atmosphere in Harwich Port. Bus donation: \$5. RSVP by 3/29.

TRANSPORTATION

HYANNIS / RMV

Appointments & shopping
1st & 3rd Monday of the month.

ORLEANS

Appointments & shopping
2nd Monday of the month.

BREAKFAST BUS

Monthly breakfast trips to Cape eateries.

SENIOR SHUTTLE

In-town destinations upon request
Tuesdays & Wednesdays.

OUT & ABOUT EXCURSIONS

Adventures to museums, theaters, and more.

MEDICAL APPOINTMENTS CAPE-WIDE

Provincetown residents 60 +
Call 508-487-7080 for info.

SERVICES

GET SUPPORT & ASSISTANCE

- COA OUTREACH ~ HOME, OFFICE VISITS
- ALZHEIMER'S FAMILY SUPPORT CENTER GROUPS
- EMERGENCY PLANNING ASSISTANCE
- EYE GLASSES DONATION
- FOOD PANTRY & NUTRITION PROGRAMS
- LEGAL ASSISTANCE
- MEDICAL EQUIPMENT LOAN
- RETIRING A FLAG
- SENIOR R.E. TAX WORK-OFF PROGRAM
- SHINE: HEALTH INSURANCE INFO
- SIGHT LOSS SUPPORT GROUP
- VETERANS SERVICES

OUTREACH UPDATES

Andrea Lavenets

Federal Extra COVID SNAP Benefits to End

During COVID, households have been receiving extra SNAP benefits monthly to buy food. Due to federal action, the last COVID SNAP payment is March 2, 2023. Starting in April, you will get only one (1) monthly payment. That is your normal benefit.

In addition to this change, some of you may have noticed a decrease in your benefits due to your Social Security COLA. You may be able to increase your normal SNAP benefits if you are not at the maximum amount for your household size. For anyone who is over 60 years old or has a disability, medical costs over \$35 a month can be deducted. A wide range of costs that are not reimbursed or covered by health insurance count for the medical deduction. Please see the list below of qualifying expenses.

- *Health insurance premiums
- *Co-payments for health care visits or prescriptions
- *Acupuncture, chiropractic care, physical and occupational therapy
- *Vitamins and herbal treatments
- *Health care supplies and equipment, incontinence supplies
- *Home health aides, home maker services, care attendants
- *"Medicine chest" items including over-the-counter drugs, ointments, other treatments that are recommended or prescribed by a licensed health care practitioner
- *Eyeglasses, contacts, lens solutions; hearing aids, batteries; dental care, dentures and adhesives
- *Transportation to medical appointments and pharmacies
- *One time medical bills for which there is no third party reimbursement.

Call Andrea at 508-487-7080 to review your SNAP case and make sure all of your qualifying expenses are accounted for.

With appreciation to...

...BY&D Insurance and to the Mews Restaurant for their generous donations to the COA Gift Fund. We sincerely appreciate their support.



...the Provincetown Schools and PAAM for the cross-generational art making program and subsequent museum exhibit of the works created by 2nd graders and older adults. It was so much fun and the work was awesome! Thanks, too, to the Schools for thinking of us at Valentine's Day. The lunch bunch loved seeing the children and truly appreciated the beautiful cards they made for us. What a special treat!

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.



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

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PERMIT #16
PROVINCETOWN
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Word Search: It's Spring!

M Y H S H A M R O C K P C A N
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