

PROVINCETOWN COASTLINES

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

FEBRUARY 2023

CHRIS HOTTLE, MSW- *DIRECTOR*
ANDREA LAVENETS - *OUTREACH COORDINATOR*
DONNA SZEKER - *VAN DRIVER / OFFICE AIDE*
SHANE LANDRY - *PROGRAM COORDINATOR*
NANCY DOOLEY - *COOK / MEAL COORDINATOR*

Your Place to Connect!

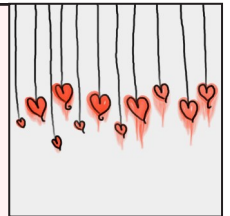
508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

Happy Valentine's Day from all of us to all of you! May your hearts be full of love and appreciation this month and always.



First and foremost, it is with gratitude that I acknowledge Shannon Corea and the outstanding job she did as Administrative Assistant for the COA and Department of Human Services. Shannon joined us in 2018 and was a welcoming, smiling presence at the Senior Center. She capably handled many programs and services and was always ready to assist residents. We will miss her and wish her well in her new position as Secretary to the Select Board.

This month you will notice some changes in the format of the newsletter. The calendar will now be an insert and we invite you to put it on your refrigerator as a reminder to join us here at the Center. Bonus ~ stop by to pick up a Senior Center magnet for your fridge!

With the number of programs and services increasing, this has given us more room in the newsletter for publicizing programming. Ongoing, new and Out & About programs as well as services are now listed on pages 2-4. The outreach column, notes of appreciation and special notices are on page 5. We hope you will enjoy this issue of *Coastlines* and be sure to check out the trivia quiz on the back page. (No peeking but the answers are listed below the questions.)

This month, we are excited to welcome back pianist Jim Brosseau for our Valentine's Music Salon on February 8. Dave Brown will join Jim to serenade us in a special celebration. Be sure to join us for a Valentine's lunch before the music starts. We are featuring Cape writer Michael Pregot in our Author's Series as well as talks on smart desserts (yes, there is such a thing!) and essential oils. And if you've always wanted to learn to play Rummikub, now's your chance. Call soon to reserve your space at these programs.

We look forward to seeing you soon! ~ *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 2/22 @ 1:30 pm*

Last Wednesday of the month. February: the 60's.

RELAX / SOCIALIZE**BRIDGE***Mondays @ 1:00 pm*

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

WINTER COFFEE HOUR*Thursdays @ 9:30-11:30 am*

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

KNITTING CIRCLE*Wednesdays @ 1:30 pm*

Bring a project and knit with others.

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. See Page 3 for other health screenings.

PODIATRY *

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

CREATE / LEARN**TRAVELOGUE: Papau New Guinea***Wednesday 2/1 @ 1:15 pm*

DVD presentation with world traveler Larry Moodry.

TECH HELP*Monday 2/13 @ 1:00 - 3:00 pm*

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

GOING WITH THE GRAIN: BARLEY **Thursday 2/23 @ 10:00 am*

Cooking demo, samples, recipes with Shane Landry.

PAINTING **Tuesdays @ 9:00 am ~ New session starts 2/21*

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

AARP TAX ASSISTANCE

We welcome back the AARP Foundation volunteers who provide free assistance with simple tax returns for Provincetown residents. Appointments required and they fill up fast so call soon!



ELDER LAW ATTORNEY Monday 2/6

South Coastal Counties Legal Services offers free, confidential appointments bi-monthly with an elder law attorney. Call for an appointment by 2/2.

SKIN CANCER SCREENING Thursday 2/9 @ 9:00 am

The VNA will provide skin cancer screenings this month. Services are free and open to all Provincetown residents and town employees. *Advanced registration is required by calling the VNA at 508-957-7423.*

VALENTINE'S LUNCH Wednesday 2/8 @ Noon



Our weekly Lunch Bunch is always fun but it will be especially festive for Valentine's Day. Celebrate this special holiday with us and then stay after for our Music Salon (see below). Voluntary donation for lunch appreciated. RSVP for lunch by 2/2.

MUSIC SALON: JIM BROSSEAU & DAVE BROWN Wednesday 2/8 @ 1:30 pm

Jim Brosseau returns to the grand piano for an afternoon of romantic songs in celebration of Valentine's Day. Jim is a self-taught pianist who has performed in New York, Washington, D.C., and elsewhere and hosts Tin Pan Alley's popular Friends nights. Singer-songwriter and guitarist Dave Brown has recorded an album that included original songs and has performed in New York City clubs for more than a decade. He is a regular singer at Tin Pan Alley. RSVP by 2/6.

SWEET AND SMART DESSERTS Monday 2/13 @ 1:30 pm

Balance nutrition and your sweet tooth at this workshop and cooking demonstration hosted by a nutrition educator from Cape Cod Cooperative Extension. Explore and taste a healthy sweet treat and get some recipe ideas to try with your friends and loved ones as we approach Valentine's Day. RSVP by 2/10.

AUTHOR SERIES: MICHAEL PREGOT Wednesday 2/15 @ 1:30 pm

This month we are pleased to present Michael Pregot, author of *Sea Captains of Cape Cod: Each Town's Contribution to Maritime History*. This narrative explores the connection that each Cape Cod town has to the sea as demonstrated through its seafaring residents. Join us for discussion, reading and a book signing. RSVP by 2/13.

LEARN & PLAY RUMMIKUB Thursdays 2/16 & 23 @ 2:00 pm

Come learn and play Rummikub with others. If you have some experience, help us teach others and 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 by 2/14.



THE POWER OF ESSENTIAL OILS Friday 2/17 @ 10:00 am

Join Gwen Kazlouskas-Noyes to learn about the modality of essential oils. Certified Pure Therapeutic Grade Essential oils are holistic tools that tap into the innate ability the body has to heal itself. They lend natural, non-toxic support to the mind, body, and spirit. RSVP by 2/15.

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

OUT & ABOUTS

REGISTRATION REQUIRED FOR ALL PROGRAMS: 508-487-7080



BREAKFAST BUS: JACK'S OUTBACK IN YARMOUTH PORT

Thursday 2/2 @ 8:30 am

A hidden gem and COA favorite. Cash only. Suggested bus donation: \$5. RSVP by 2/1.

CAPE COD MUSEUM OF ART

Thursday 2/9 @ 10:00 am

Enjoy new 2023 exhibitions by the Cape's finest artists at this Dennis museum.

Lunch at Scargo Café. Museum admission: \$8 seniors.

Suggested bus donation: free. RSVP by 2/8.

OUT TO LUNCH: BRICKHOUSE RESTAURANT

Thursday 2/16 @ 11:00 am

American cuisine infused with Caribbean flavors at this popular Eastham restaurant.

Suggested bus donation: \$5. RSVP by 2/15.

ORPHEUM THEATER

Thursday 2/23 @ 9:30 am

Enjoy a first-run movie at this historic theater.

Brunch/lunch at the theater café - Pizza Shark - or any of the fine restaurants in Chatham Village.

Suggested bus donation: free. RSVP by 2/22.

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

Even though Medicare’s Open Enrollment ended in December you may still have some options.

For those with Medicare Parts A and B (Original Medicare): You can add a Medicare Supplement (Medigap Plan) at any time of the year. If you already have a Massachusetts Medigap Plan, you can upgrade, downgrade or end your coverage at any time during the year. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. The general open enrollment period for Medicare A and B is January 1- March 31 with an effective date of July 1.

For those with a Medicare Advantage Plan (HMO or PPO): Between January 1 - March 31, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. You will be able to join a Medicare Prescription Drug Plan (Part D) at this time and you may also add a Medicare Supplement (Medigap Plan). You may also switch your Medicare Advantage plan from one to another during this time frame.

For Prescription Advantage members or if you are getting “Extra Help” paying for prescription drugs: You can change your prescription plan at any time.

Five Star Special Enrollment Period (SEP): You can join a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period.

Other Special Enrollment Periods: You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year. Examples may include moving in or out of your plan’s service area, ending employer insurance, becoming eligible for or losing MassHealth coverage.

If you are in need of assistance please call me at:
508-487-7080.

With appreciation to...

...all of the special people who reached out to brighten the holidays for others: Homeless for the Holidays, Essentials, David Asher dinner team, and many more. Your generosity made such a difference!

...everyone who helped those affected by the recent storm flooding: Police, Fire & Rescue, DPW, as well as the many who gave time, lodging, money and support. It’s what makes Provincetown so special. ...Stop & Shop for raising money for the COA Pantry through their Bloomin’ 4 Good program and to those of you who bought bouquets. Our food pantry is open to all residents with no registration required.



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

Liturgical Publications, Inc. (LPi), our newsletter publisher, accepts advertisements from area businesses and service providers. Please note that this does not constitute an endorsement, referral, guarantee or recommendation of advertisers by the Provincetown Council on Aging or Town of Provincetown.

COUNCIL ON AGING BOARD

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

PROVINCETOWN COUNCIL ON AGING MISSION STATEMENT

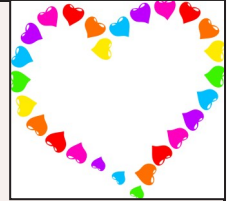
Since 1972, the Provincetown Council on Aging has been a welcoming resource and activity center for seniors and their families. Our mission is to promote the well-being and independence of older adults by identifying their needs and interests, developing supportive programs, coordinating community services and advocating on their behalf.



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSR STD
PERMIT #16
PROVINCETOWN
02657 MA

VALENTINE'S TRIVIA



- 1) What Valentine's candy was first created on equipment made for lozenges?
- 2) In the Victorian era, mean-spirited Valentine's Day cards were called " _____ Valentines."
- 3) From where was the oldest-known Valentine's Day message sent?
- 4) When was the oldest-known Valentine's Day message written?
- 5) Who invented the first Valentine's Day candy box?
- 6) Letters to Juliet are sent to what city every year?
- 7) William Shakespeare mentions Valentine's Day in which of his plays?
- 8) When was February 14 first declared to be Valentine's Day?

Answers: Sweethearts / Vinegar / Prison / Verona, Italy / Richard Cadbury / Verona, Italy / Hamlet / 1415