

PROVINCETOWN COASTLINES

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

APRIL 2023

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

Your Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

"Service isn't a big thing...it's a million little things." Anonymous

It's National Volunteer Month and we are happy to acknowledge and honor our Senior Center volunteers. If you've ever been to the Center, then your experience has been brightened by one of our awesome volunteers...doing a million little things!

Have you ever taken a class, relaxed in the lounge or borrowed a book from the COA library? Have you been welcomed by a smiling office or lobby receptionist? Have you ever enjoyed the weekly lunch or picked up food from one of our pantries? Have you admired the artwork or indoor plants? Have you ever wondered who advocates for older adults in the community or raises funding for our programs?

If so, then please join us in thanking our dedicated volunteers and all they do to make the Senior Center a welcoming, active hub for older residents. Our sincere appreciation goes out to all who serve our community so well.



**Mary Abt, Susan Avellar, Stephen Borkowski, Loretta Butehorn,
Lee Ciliberto, Peter Cook, Donna Cooper, Mary DeRocco,
Bob Henneberry, David Ketchum, Carol MacDonald, Fran Manzella,
Ardis Markarian, Bruce Mason, Kathleen Mayo, Pat McGrath,
Deb Meadows, Gerard Menangas, Kathryn Menangas, Bill Meves,
Larry Moodry, Judy Osowski, Phoebe Otis, Jerry Ouellet,
Mary Rose Quaglino, RuthE Rogers, Marsha Sirota, Cheryl Stewart,
Penny Sutter, Art Tupper, Vern Wilson, Barbara Yates**

Here's to the best! ~ 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

Relax with a cup of tea or coffee. Read a book in a comfy chair or borrow one 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!

CREATE / LEARN**TRAVELOGUE: New Zealand South Island***Wednesday 4/5 @ 1:15 pm*

DVD presentation with world traveler Larry Moodry.

TECH HELP*Monday 4/10 @ 1:00 - 3:00 pm*

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

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.

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

Drop-in contract group; some experience required.

KNITTING CIRCLE*Wednesdays @ 1:30 pm*

Bring a project and knit with others.

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

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

RUMMIKUB*Thursdays @ 2:00 pm*

Open to all, bring a friend!

STAY ACTIVE / BE WELL**YOGA WITH KATE ****Mat: Tuesdays @ 9:00 am**Chair: Thursdays @ 9:00 am*

Instructor: Kate Wallace Rogers. Call for info and to register.

YOGA WITH CHRISTINE **Chair: Mondays @ 1:00 pm**Mat: Wednesdays @ 11:00 am*

Instructor: Christine Frisco. Call for info and to register.

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.

SEE A MOVIE**MOVIE MATINEE***Tuesdays @ 1:30 pm*

Showing current films each week. Call for info.

CLASSIC MOVIE*Wednesday 4/26 @ 1:15 pm*

Classic movie in April will be from the '40s.

ENJOY A MEAL / FOOD SERVICES**LUNCH BUNCH ****Wednesdays @ Noon*

Weekly lunch for residents 60+. Rides provided. Donations appreciated. RSVP by Thursday before.

FOOD PANTRIES

Call for info about our on-site pantry and monthly mobile pantry.

NEW PROGRAMS

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

ELDER LAW ATTORNEY Monday, April 3

South Coastal Counties Legal Services offers free, confidential appointments bi-monthly with an elder law attorney. Appointments required. Call for an appointment by 3/30.



FUNDAMENTALS OF DRAWING Mondays, April 3-June 5, 1:00-4:00 pm

This free, 8-session class with Pat Bruno will cover a range of drawing techniques including design, composition, perceptual anomalies, perspective, ratio and proportion. These skills will improve your photography and painting as well. Pat has extensive teaching experience in a variety of artistic fields and is an award-winning artist. Open to all levels, the focus will be on fun! Call soon for info and to register.

WHAT IS CRAFT CHOCOLATE? Thursday, April 6 @ 10:00 am

A Chequessett Chocolate Educator will teach about the cacao fruit tree, how cacao is sustainably produced, the importance of direct trade, and the process of how they transform chocolate from bean to bar in the Truro workshop. Participants will handle cacao seeds, taste freshly roasted nibs, and experience the different flavors of some of their most popular bars. RSVP by 4/4.

MUSIC SALON: JIM BROSSAU & GRANT KING Wednesday, April 12 @ 1:30 pm

Singer-songwriter and guitarist Grant King will be here to perform "Songs for Spring", accompanied on piano by Senior Center favorite and self-taught musician, Jim Brosseau. Free, open to all, rides available. RSVP by 4/10.

WALKY TALKY Fridays, April 14, 21 & 28 @ 9:00 am

Get your walking shoes ready! This month, Shane will lead the way through different parts of Beech Forest. 1-2 mile walk on pavement; on rainy days, we'll walk in the VMCC halls. Rides available. RSVP by the day before.

AUTHOR SERIES: DENNIS MINSKY Wednesday, April 19 @ 1:30 pm

Join us for a conversation and reading with this local author. Dennis is a regular contributor to *The Provincetown Independent* ("The Year-Rounder" column) and WCAI's "Cape Cod Notebook" and has also published fiction and non-fiction in *Provincetown Arts*. Dennis' greatest ambition is to record and describe the life of Provincetown and the natural world that surrounds it. Free, open to all, rides available. RSVP by 4/17.

LET'S PLAY RUMMIKUB Thursdays @ 2:00 pm

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. We're playing every week now so come on in!

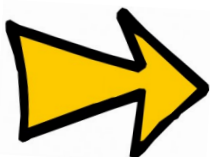
NATIONAL POETRY MONTH

We invite you to share a poem or haiku that you have written or one that is already published that has a special meaning to you (include title and author). We will display your kind, loving and thoughtful works in celebration of National Poetry Month.

Look for special cards throughout the Senior Center on which to write your poem or e-mail your works to Shane at slandry@provincetown-ma.gov. We look forward to hearing from you!

WALK MASSACHUSETTS!

The MCOA Walk Massachusetts Challenge offers the opportunity to choose a walking distance between May and October and a chance to win a prize for yourself or the Senior Center. Staff will be walking and we hope you will, too. For more info, go to www.walkmachallenge.com or stop by the office.



**SEE THE INSERT FOR THE APRIL CALENDAR &
NEW FITNESS CLASSES**

OUT & ABOUTS
REGISTRATION REQUIRED FOR ALL PROGRAMS: 508-487-7080



BREAKFAST BUS: GRUMPY’S IN DENNIS

Thursday, April 6 @ 9:00 am

A COA favorite! Hearty, homestyle cooking. Bus donation: \$5. RSVP by 4/5.

SALT POND VISITOR CENTER IN EASTHAM

Thursday, April 13 @ 10:00 am

View a special exhibit *Perspectives: Seeing Cape Cod National Seashore Through Art* and enjoy the museum, theater and walking trails at this Cape Cod National Seashore visitors’ center.

Lunch at the Brickhouse Restaurant. Bus donation: \$5. RSVP by 4/12.

KENNEDY MUSEUM IN HYANNIS: COFFEE WITH THE AUTHOR EVENT

Thursday, April 20 @ 9:30 am

Author Lee Roscoe will give a talk on her new book Wampanoag Art for the Ages and/or you can enjoy the museum’s exhibits. Lunch at Sea Street Café. Admission: \$5 for the author’s talk only or free with paid admission (\$12). Bus donation: free. RSVP by 4/17.

OUT TO LUNCH: DOLPHIN RESTAURANT IN BARNSTABLE VILLAGE

Thursday, April 27 @ 10:30 am

This landmark restaurant serves delicious, innovative food in a warm, friendly atmosphere.

Bus donation: \$5. RSVP by 4/26.

TRANSPORTATION

HYANNIS / RMV

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

ORLEANS

Appointments & shopping
2nd Monday of the month.

BREAKFAST BUS / OUT TO LUNCH

Monthly breakfast/lunch 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
Fuel Assistance

The Home Energy Assistance Program (commonly known as Fuel Assistance) provides low income households with help paying home heating bills. The deadline for applications has been extended until May 12, 2023. Although the application deadline has been extended, Fuel Assistance can only pay bills for the heating season. The heating season is November 1, 2022 through April 30, 2023. Eligibility is based on gross income, household size and vulnerability to heating costs.

Fuel Assistance can assist with any primary heat type: oil, electricity, propane, kerosene, wood and coal. Also, if you are living in nonsubsidized housing and your heat is included in your rent, Fuel Assistance can reimburse you for a portion of your rent. If you are renting an apartment that is subsidized and the cost of heat is included in your rent, you may not be eligible for Fuel Assistance; however, you may wish to apply to be enrolled in a Massachusetts utility discount program strictly based on income.

To apply you will need the following:

- *Proof of income for all household members
- *Copy of federal taxes for self-employed
- *Electric bill
- *Heating bill
- *Mortgage, homeowner’s insurance, real estate tax, condo fees, water bill, and/or lease
- *Photo ID
- *Social Security cards and birthdates for all household members

As a friendly reminder, we help residents of all ages apply for Fuel Assistance. Please give us a call at 508-487-7080 for more information or to schedule an appointment.

With appreciation to...

...our amazing AARP Foundation volunteers, Ruth, Tish and Dick, for once again offering free tax return assistance to residents. Thank you for your dedicated service.

...Alzheimer’s Family Support Center staff for offering support groups at the Senior Center for caregivers, people with AD and dementia or those in the early stages of decline as well as many other programs. Having these invaluable services available locally is so important and much appreciated.



PROVINCETOWN
SENIOR OF THE YEAR

Nominations are being accepted for the 2023 Provincetown Senior of the Year. Criteria include:

- *town resident 60+ years of age who is enthusiastically involved in the community
- *a role model to peers
- *exemplifies the “Spirit of Positive Aging”

Send a brief note about the person and the reason you feel they should be the Senior of the Year by 4/28 to:
 Chris Hottle, COA, 2 Mayflower St. 02657 or
 chottle@provincetown-ma.gov

NOTICE

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COUNCIL ON AGING BOARD

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

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

It's National Poetry Month & April 17 is Haiku Day

Cut out these cards. If you lay them out in the right order, there will be three cards in each line and they will make two perfect haikus. Use what you know about a haiku and punctuation to help you.

Haikus are typically made up of 3 lines with the first having 5 syllables,
 the second 7 syllables, and the third 5 syllables.

Haikus by Shane Landry

sizes.	life gives	gifts of all
moment.	Embrace	each
of joy,	Living	full
changes	the flowers	Weather
us now.	the	Watch
seasons,	grow.	are upon