



# JUNE 2023 PROVINCETOWN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>SENIOR CENTER HOURS</u></b> <b>MON-THURS</b> <b>8 AM - 5 PM</b> <b>FRIDAY</b> <b>8 AM - NOON</b>	<b>Wednesday lunches</b> <b>require an RSVP</b> <b>by noon on the</b> <b>Thursday</b> <b>before:</b> <b>508-487-7080</b>		9:00 Chair Yoga <sup>1</sup> 9:30-11:30 Coffee Hour 10:00 COA Board 11:30 Grace Notes 1:30 Strong at ♥ 2:00 Rummikub	<sup>2</sup> 9:00 Walky-Talky
8:30 Hyannis & <sup>5</sup> RMV Bus 1:00 Bridge 1:00 Chair Yoga 1:00 Drawing Elder Law 774-487-3251	9:00 Yoga <sup>6</sup> 10:00 Wii Bowling 10:30 Tai Chi 1:30 Movie Senior Shuttle	11:00 Yoga <sup>7</sup> 12:00 Lunch 1:15 Travelogue 1:30 Knitting Senior Shuttle Veterans Agent 508-778-8740	8:30 Brkfst Bus <sup>8</sup> 9:00 Chair Yoga 9:30-11:30 Coffee Hour 11:30 Grace Notes 1:30 Strong at ♥ 2:00 Rummikub Podiatry	<sup>9</sup> 9:00 Walky-Talky  Alzheimer's Family Support Center Groups 508-896-5170
9:00 Orleans <sup>12</sup> Bus 1:00-3:00 Tech Help 1:00 Bridge 1:00 Chair Yoga	9:00 Yoga <sup>13</sup> 10:00 Wii Bowling 10:00-12:00 BP Clinic 10:30 Tai Chi 1:30 Medicare 1:30 Movie Senior Shuttle	11:00 Yoga <sup>14</sup> 12:00 Lunch 1:15 Juneteenth 1:30 Knitting Senior Shuttle Veterans Agent 508-778-8740	9:00 Chair Yoga <sup>15</sup> 9:30-11:30 Coffee Hour 10:00 Out & About 11:30 Grace Notes 1:00 Pride Ice Cream 1:30 Strong at ♥ 2:00 Rummikub	<sup>16</sup> 9:30 Sight Loss Support Group 508-394-3904
<sup>19</sup> <b>CENTER</b> <b>CLOSED</b>  <b>JUNETEENTH</b>	9:00 Yoga <sup>20</sup> 10:00 Wii Bowling 10:30 Tai Chi 1:30 Movie Senior Shuttle	11:00 Yoga <sup>21</sup> 12:00 Lunch 1:30 Knitting SHINE Senior Shuttle Veterans Agent 508-778-8740	9:00 Chair Yoga <sup>22</sup> 9:30-11:30 Coffee Hour 10:30 Out & About 11:30 Grace Notes 1:30 Strong at ♥ 2:00 Rummikub Podiatry	<sup>23</sup> Alzheimer's Family Support Center Groups 508-896-5170
10:00 Book Club <sup>26</sup> 1:00 Bridge 1:00 Chair Yoga Vet Center Social Worker 508-778-0124	9:00 Yoga <sup>27</sup> 10:00 Wii Bowling 1:30 Movie Senior Shuttle	11:00 Yoga <sup>28</sup> 12:00 Lunch 1:15 Classic Movie 1:30 Knitting Senior Shuttle Veterans Agent 508-778-8740	9:00 Chair Yoga <sup>29</sup> 9:30-11:30 Coffee Hour 11:00 Out2Lunch 11:30 Grace Notes 2:00 Rummikub	<sup>30</sup> 

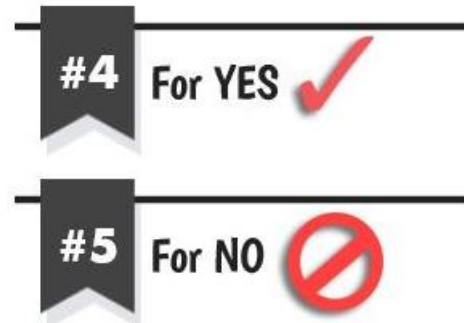
# The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press



If the 9-1-1 dispatcher asks questions, press



Source: MA State 911 Department and the Executive Office of Public Safety and Security

[www.mass.gov/e911](http://www.mass.gov/e911)

Once you've dialed 9-1-1 and an operator has answered, you can press:

- 1 if you need police
- 2 if you need fire services
- 3 if you need an ambulance

If you're asked a question during the call, you can press:

- 4 to respond yes
- 5 to respond no