

# PROVINCETOWN COASTLINES

## PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street  
Provincetown, MA 02657

### JANUARY 2016

508-487-7080

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

CHRIS HOTTLE, MSW - DIRECTOR  
ANDREA LAVENETS - OUTREACH COORDINATOR  
MAUREEN HURST - ADMINISTRATIVE ASSISTANT  
PAT MEDINA - VAN DRIVER / OFFICE AIDE  
CHAR PRIOLO - PROGRAM COORDINATOR

NANCY DOOLEY - ELDER SERVICES  
MEALS ON WHEELS / SENIOR DINING 508-487-2700

### From the Director

A New Year's message for you from all of us at the COA...

*Looking back on the months gone by,  
As a new year starts and an old one ends,  
We contemplate what brought us joy,  
And we think of our loved ones and our friends.  
Recalling all the happy times,  
Remembering how they enriched our lives,  
We reflect upon who really counts,  
As the fresh and bright new year arrives.  
And when we ponder those who do,  
We immediately think of you. ~ by Joanna Fuchs*



Join us in celebrating the new year and starting it on a healthy and musical note:

### HAPPY NEW YEAR PARTY Thursday, January 7 @ noon

For the second year, Independence House invites you to a New Year party at the COA. A light lunch will be served as we learn about other countries' New Year celebrations. Special thanks go out to Chris Morin, Independence House, for hosting this event. Free, rides available. RSVP by Jan. 5.

### VIBRANT HEALTH Tuesday, January 12 @ 10:00 am

We're happy to welcome back Dr. Rhys Preston, local chiropractor and certified personal trainer, for this presentation on vibrant health. If you have low energy, indigestion, headaches or just want to feel better, come learn about the foundation of health and discover cost effective ways to maintain energy and vitality. There will be time for questions. Free. RSVP by Jan. 11.

### AFTERNOON MUSIC SALON Wednesday, January 13 @ 1:15 pm

Our afternoon music salon series continues this month with local musician, John Thomas. John is multi-talented as a singer, songwriter, composer and producer. Come hear him play piano and sing along to the wonderful Standards of the American Songbook. Light refreshments. Free. RSVP by Jan. 11.

~ Be sure to see Page 3 for more new programs. Hope to see you here!

~Chris

**ONGOING PROGRAMS: CALL 508-487-7080 FOR INFO OR TO SIGN UP**



**TRAVELOGUE:  
THE NORTH ISLAND OF  
NEW ZEALAND**

*Wednesday, January 6 @ 1:00 pm*

Join us for a  
free slide show presentation  
with world traveler Larry Moodry.

**JOIN US AT THE MOVIES**

*Tuesdays @ 1:00*

*Free movie and popcorn!*



**January 5: "Love & Mercy"**

Brian Wilson, creator of the unique sound of the Beach Boys, is featured in this biopic covering his battle with mental illness and his return to the stage in the 80's.

Bill Camp, Jake Abel, Paul Dano

Biopic / 120 minutes / 2015 / PG-13

**January 12: "Testament of Youth"**

An adaptation of Vera Brittan's WWI memoir in which she leaves home to attend Oxford University but the war soon brings her studies and romance to a halt.

Alicia Vikander, Kit Harington, Taron Egerton

Drama / 130 minutes / 2015 / PG-13

**January 19: "The Wolfpack"**

True story of the six Angulo brothers who have been locked away in their Manhattan apartment with movies as their only contact with the outside world.

Documentary / 89 minutes / 2015 / R

**January 26: "Tomorrowland"**

A reclusive inventor and a curious teen begin a quest to unlock the secrets of a magical world that holds the promise of a brighter future.

George Clooney, Hugh Laurie, Britt Robertson

Sci-Fi & Fantasy / 130 minutes / 2015 / PG

**STAY ACTIVE**

- BALLROOM DANCING
- BOWLING / ICE SKATING IN ORLEANS
- PING PONG
- STRENGTH TRAINING
- STRETCH & STRENGTH
- TAI CHI
- WALK THE HALLS
- YOGA

**BE WELL**

- VNA CLINICS: ASK-A-NURSE, BP, GLUCOSE
- BRAIN HEALTH
- HEARING EVALUATIONS
- PODIATRIST
- WELLNESS PRESENTATIONS

**PLAY GAMES**

- BOARD GAMES / CARD GAMES
- BRAIN GAMES IN MEDIA CENTER

**TAKE A RIDE**

- HYANNIS / ORLEANS / PROVINCETOWN
- OUT & ABOUT / OUT TO LUNCH
- PROVINCETOWN LIBRARY / STOP & SHOP
- MEDICAL APPOINTMENTS CAPE-WIDE

**CREATE & LEARN**

- CREATIVE ART
- GRACE NOTES CHORUS
- OPEN STUDIO
- PIANO PRACTICE
- STORY SWAP
- TECH TIME (assistance with electronic devices)
- TRAVELOGUE
- WRITING WORKSHOPS



**ENJOY A MEAL**

- ELDER SERVICES SENIOR DINING LUNCH
- MEN'S BREAKFAST
- OUT TO LUNCH

**RELAX**

- HANG OUT IN THE LOUNGE OR MEDIA CENTER
- LISTEN TO WOMR SHOW / WATCH COA ON PTV
- MOBILE LIBRARY
- WEEKLY MOVIES

**GET SUPPORT & ASSISTANCE**

- COA OUTREACH ~ HOME OR OFFICE VISITS
- FOOD PANTRY / FOOD DISTRIBUTION
- LEGAL ASSISTANCE SHINE
- SOCIAL SERVICES STORM REASSURANCE

## NEW PROGRAMS AT THE COA ...

### **STRETCH & STRENGTH**    *Mondays @ 10:15 am*

Our amazing COA fitness instructor Dot Sanderson has changed her Monday class to Stretch & Strength, similar to the Wednesday Strength Training class but without weights. Try it-it's fun and free.

### **CREATE A GARDEN**    *Wednesdays @ 1:00 pm beginning January 6*

Ruthie Rogers returns to help you create your own "fantasy" garden collage. Supplies provided, no experience necessary and free. (We loved the collages people made last year!) RSVP by January 5.

### **PAINTING**    *Thursdays @ 9:30 am beginning January 7*

Steve Kennedy begins a new 6-week session of 3-hour painting classes for students with some painting experience. *If there is interest, we will add a Tuesday class.* Call for fee/supplies info and to register.

### **COLORING**    *Thursdays @ 3:00 pm starting January 7*



Join COA Outreach Coordinator Andrea Lavenets for this relaxing craze that enhances your physical and mental well-being. All materials provided. Free.

### **DRAWING**    *Wednesdays @ 9:30 am beginning January 13*

Join instructor Kathi Smith for the next 6-week session of "No Fear Drawing," All are welcome to this 3-hour beginner class. Call for fee/supplies info and to register.

### **SOUP & SALAD**    *Thursday, January 21 @ noon*

Enjoy a good meal with friends new and old as local chef and PHS graduate Brett Mayer offers soup, salad, bread and dessert. \$2 suggested donation, rides available \$1. RSVP by January 17.

### **CHARADES**    *Wednesday, January 28 @ 1:00 pm*

You know how to play so come join COA Program Coordinator Char Priolo in this well-loved game. If you've never played, we'll teach you. Free. RSVP by January 26.

## ... OR GET "OUT & ABOUT" ON THE COA BUS!

### **TIME TOGETHER**    *Thursday, January 7 @ 2:00 pm*

Savory & Sweet Escapes in North Truro. Food: \$3+. Bus: \$2. RSVP by January 6.



### **SEE THE DAY**    *Thursday, January 14 @ 2:30 pm*

Tour the quiet roads of the Province Lands and 6A. Bus: \$1. RSVP by January 13.

### **OUT TO LUNCH**    *Tuesday, January 19 @ 10:30 am*

Alberto's Restaurant - Northern Italian cuisine in Hyannis. Lunch: \$9+. Bus: \$5. RSVP by January 14.

### **TIME TOGETHER**    *Thursday, January 21 @ 2:00 pm*

Chequessett Chocolates in North Truro. Food: \$4+. Bus: \$2. RSVP by January 20.

### **CHIPS AND MORE**    *Tuesday, January 26 @ 9:00 am*

Cape Cod Potato Chip Factory in Hyannis for a free self-guided tour and then lunch in Orleans at Hole in One. Food: \$7+. Bus: \$5. RSVP by January 21.

**TO RSVP OR FOR MORE INFORMATION: 508-487-7080**

*Programs are subject to change. Times for "Out & About" indicate approximate pick-up time. Bus donation amounts are suggested. Any contribution is appreciated to maintain our vehicles!*

**OUTREACH UPDATES** Andrea Lavenets

Many of us would like to forget what last winter brought us but it is something we shouldn't ignore. It's important to be safe and have a plan. Below are a few simple tips to help you stay safe and healthy through the winter months.

\*Keep the heat on - Inadequate indoor heat can cause hypothermia. Keep the thermostat at a minimum of 65 degrees along with dressing in layers. If you are not turning your heat up because of the cost, please contact me and we can apply for Fuel Assistance.

Your safety is more important! Add an extra blanket to your bed if necessary.

\*Bundle up - Dress in layers of loose fitting clothing. If you go outside, make sure your head and hands are covered.

\*Tread carefully - If you must go out make sure you are wearing appropriate footwear. Plan ahead if you are a person who needs assistance salting your stairs or walkways.

\*Socialize - Last winter took a hard toll on everyone. Many individuals felt captive in their home due to the large amount of snow making it unsafe to venture out. Stay in touch with family, friends, neighbors and/or the COA. The phone is an amazing tool to help with social isolation in winter.

Building a network is important especially in winter. If you will need to have your driveway plowed or steps shoveled, start making arrangements now before the snow falls. Establish yourself with someone that can provide this service. Keep an emergency kit with important numbers, medications, non-perishable foods and water.

Call the COA if you would like to sign up for our Storm Reassurance Program. In the event of a storm emergency, the COA will reach out to those in need to make sure they are prepared.

*With appreciation to...*

...Bill Goodbody, our SHINE Counselor, for his time and commitment during the Medicare Open Enrollment period to help ease what can be a daunting process!  
 ...all who helped make the David Asher Holiday Dinner so special~ the PBG, the Lower Cape Concert Band and all of the amazing volunteers.



**WINTER WEATHER POLICY**

*If Provincetown School is closed, COA programs and rides will be cancelled. The office will be open and staff available.*



*If Provincetown Town Hall is closed, the COA will not be open. All programs and rides will be cancelled and the COA office closed.*

*Rides and programs may be cancelled at other times based on weather conditions.*



*Call if you have any questions.*



**REMINDER**

Some programs require reservations. If so, an RSVP will be requested in the newsletter listing so that we can order food, plan rides or schedule space. Please help us serve you by reserving your place by the stated deadline. *Without a reservation, we may not be able to accommodate you or the program may be cancelled.* Thank you.

**COUNCIL ON AGING BOARD**

- Chris Asselin (Chair)
- David Ketchum (Clerk)
- Michelle Foley
- Amy Howell
- Gladys Johnstone (Alternate)

**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.

\* Reservation Required

# JANUARY 2016

*Bold is new program*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>COA HOURS</u></b>  <b>MON-THURS</b>  <b>8 AM-5PM</b>  <b>FRIDAY</b>  <b>8 AM-NOON</b></p>	<p><b><u>APPOINTMENTS</u></b>  <b>HEARING</b>  <b>508-255-1285</b>  <b>SHINE</b>  <b>508-487-7080</b>  <b>VETERANS</b>  <b>AGENT</b>  <b>508-487-7099</b></p>		<p><b><u>ELDER SERVICES</u></b>  <b><u>WEDNESDAY LUNCH</u></b>  <b>RSVP</b>  <b>508-487-2700</b>  <b>by Tuesday 10 am</b></p>	<p><b>CENTER CLOSED</b> <sup>1</sup>  </p>
<p>Hyannis* 8:30 <sup>4</sup>  Ballroom* 9:00  <b>Stretch &amp; Strength</b>  <b>10:15</b>  Tai Chi 11:30  COA Radio Show  with Chris/WOMR  92.1 fm 12:30  Social Services*  SHINE*</p>	<p>Orleans* 9:00 <sup>5</sup>  Yoga 9:00  Movie 1:00  Bridge 1:00  Buried Treasure* 2:30  Veterans Agent*</p>	<p>Strength Training <sup>6</sup>  10:15  Blood Pressure/Ask-  A-Nurse/Gluc 11-1  ES Lunch* Noon  <b>Collage* 1:00</b>  Travelogue 1:00  Tech Time 1:00  COA Board 1:30</p>	<p>Stop &amp; Shop* 9:30<sup>7</sup>  <b>Painting* 9:30</b>  Library* 10:00  <b>New Year Party*12</b>  Open Studio 1-4  <b>Time Together* 2:00</b>  <b>Coloring 3:00</b>  Grace Notes 4:00  Veterans Agent*</p>	<p>Writing <sup>8</sup>  Connection 10:00</p>
<p>Hyannis* 8:30 <sup>11</sup>  Ballroom* 9:00  Stretch &amp; Strength  10:15  Tai Chi 11:30  Social Services*</p>	<p>Yoga 9:00 <sup>12</sup>  <b>Vibrant Health* 10</b>  Movie 1:00  Bridge 1:00  Buried Treasure* 2:30  Veterans Agent*</p>	<p><b>Drawing* 9:30</b> <sup>13</sup>  Strength Training  10:15  ES Lunch* Noon  Collage* 1:00  <b>Music Salon* 1:15</b>  Legal Aid* 1:00  Tech Time 1:00</p>	<p>Stop &amp; Shop* 9:30<sup>14</sup>  Painting* 9:30  Library* 10:00  Open Studio 1-4  <b>See The Day* 2:30</b>  Coloring 3:00  Grace Notes 4:00  Podiatrist*  Veterans Agent*</p>	<p>Writing <sup>15</sup>  Connection 10:00</p>
<p><b><u>CENTER CLOSED</u></b> <sup>18</sup>    <b>MARTIN LUTHER KING DAY</b></p>	<p>Yoga 9:00 <sup>19</sup>  Men's Breakfast* 9:00  <b>Out to Lunch* 10:30</b>  Movie 1:00  Bridge 1:00  Buried Treasure* 2:30  Veterans Agent*</p>	<p>Drawing* 9:30 <sup>20</sup>  Strength Training  10:15  Blood Pressure/Ask-  A-Nurse 11-1:00  ES Lunch* Noon  Collage* 1:00  Hearing* 1:00  Story Swap 1:00  Tech Time 1:00</p>	<p>Stop &amp; Shop* 9:30<sup>21</sup>  Painting* 9:30  Library* 10:00  <b>Soup &amp; Salad* Noon</b>  Open Studio 1-4  <b>Time Together* 2:00</b>  Coloring 3:00  Grace Notes 4:00  Veterans Agent*</p>	<p>Writing <sup>22</sup>  Connection 10:00</p>
<p>Hyannis* 8:30 <sup>25</sup>  Ballroom* 9:00  Stretch &amp; Strength  10:15  Tai Chi 11:30  Social Services*  SHINE*</p>	<p>Yoga 9:00 <sup>26</sup>  <b>Chips* 9:00</b>  Movie 1:00  Bridge 1:00  Buried Treasure* 2:30  Veterans Agent*</p>	<p>Drawing* 9:30 <sup>27</sup>  Strength Training  10:15  ES Lunch* Noon  Collage* 1:00  Tech Time 1:00</p>	<p>Stop &amp; Shop* 9:30<sup>28</sup>  Painting* 9:30  Library* 10:00  <b>Charades* 1:00</b>  Open Studio 1-4  Coloring 3:00  Grace Notes 4:00  Podiatrist*  Veterans Agent*</p>	<p>Writing <sup>29</sup>  Connection 10:00</p>



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2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSR STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## WORD SEARCH

*Here comes January!*



N N S R M W K R G S Y P P A H  
K E A P P V S R E N N K C A K  
C E W H A I Y V J E O G K I S  
Y S H V X C R Z L T W E N T Y  
B Z V T A A I U V T D I V S Z  
U W E T C P T K X I S V R W T  
L E F S M H E K S M X Z I H H  
N P E W E Q W A Q M N U Q Y I  
M L C R J A A X Q A S N X S G  
R K Q E R W A Y B R A T M T I  
X T S U I M I V V T H Q O A Q  
U I T O I E F N P I D E B O U  
A Y R A U N A J T N O B Q C B  
E K I N G J H C N E D Q O W I  
S E K Q C M M W N E R S O S G

HAPPY  
NEW  
YEAR  
TWENTY  
SIXTEEN  
MARTIN  
LUTHER  
KING  
JANUARY  
WINTER  
BOOTS  
COATS  
MITTENS  
SCARVES  
SKI CAPS