

# PROVINCETOWN COASTLINES

## PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street  
Provincetown, MA 02657

APRIL 2016

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

508-487-7080

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

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

### From the Director

April is a wonderful month for many reasons as the warm weather returns and we spend more time outdoors. It also is a time to honor special people because April is National Volunteer Month, National Poetry Month and hosts Administrative Professionals Day.

Every April, we acknowledge our volunteers, without whom we just couldn't do all that we do. My favorite volunteer quote (which has been attributed to more sources than I can count so let's just say it's "anonymous"! ) is, "If you think you are too small to be effective, you've never been in bed with a mosquito!" Each and every one of our volunteers is important and, together, they make people's lives brighter every day. Please join with us in expressing our deepest appreciation to our COA and Elder Services Senior Dining volunteers:

Mary Abt, Ollie Ahmuty, Maria Andrews, Chris Asselin, Joyce Bailey, Stephen Borkowski, Jim Brosseau, Lee Ciliberto, Dottie Clements, Betty Comey, Kitty Cotter, Frances Cutter, Joy Faxon, Michelle Foley, Tag Gathings, Linda Glenn, William Goodbody, Harriet Gordon, Ruth Groff, Bob Henneberry, Greg Howe, Amy Howell, Ginny Iannarone, Kent Isham, Gladys Johnstone, Dan Kelly, David Ketchum, Jane Kogan, Mary Lambrou, Dan Lynch, Carol MacDonald, Ann Maguire, Carla Mancino, Ardis Markarian, Christine Martin, David McChesney, Mary McNulty, Larry Moodry, Dowell Multer, Betty Newman, Hilde Oleson, Phoebe Otis, Jerry Ouellet, Mary Peres, Margie Perry, Vernon Porter, Mary Rose Quaglino, Tom Roberts, Ruthie Rogers, Dot Sanderson, Alyssa Schmidt, Marsha Sirota, Cheryl Stewart, Patsy Stewart, Dan Towler, Vern Wilson and Catherine Zizlavsky

In honor of National Poetry Month, we are pleased to host a Poetry Reading and Reception. Please see Page 3 for more details on how you can share your poetry with us or how you can enjoy the poetry of others in the company of friends.

April 27 is Administrative Professionals Day so be sure to stop in and say "thank you" to our Administrative Assistant, Maureen Hurst. Maureen has been at the COA for 28 years and we don't know where we'd be without her! Her professional skills, dedication to seniors and love of Provincetown help to make the COA a special place to work and visit.

What a happy, celebratory month ~ enjoy!



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

**TRAVELOGUE**



**THE  
TRANS - SIBERIAN  
RAILROAD**

*Wednesday, April 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!*



**April 5: "Learning To Drive"**

Soon-to-be-divorced Wendy Shields develops a bond with her driving teacher Darwan, a Sikh immigrant to America.

Ben Kingsley, Patricia Clarkson, Jake Weber  
Drama / 90 minutes / 2015 / R

**April 12: "The Intern"**

An e-commerce entrepreneur hires a 70-year old intern who brings his savvy to the position.

Robert De Niro, Anne Hathaway, Rene Russo  
Comedy / 121 minutes / 2015 / PG-13

**April 19: "Grandma"**

Elle Reid, after just breaking up with her girlfriend, decides to help her granddaughter raise \$600 before sundown - secrets and old skeletons are rattled.

Lily Tomlin, Julia Garner, Marcia Gay Harden  
Comedy / 79 minutes / 2015 / R

**April 26: "The Martian"**

After being left for dead, astronaut Mark Watney must find a way to survive on Mars.

Matt Damon, Jessica Chastain, Michael Pena  
Sci-Fi Adventure / 130 minutes / 2015 / PG-13

**STAY ACTIVE**

*BOWLING / ICE SKATING IN ORLEANS  
PING PONG  
STRENGTH TRAINING with Dot Sanderson  
STRETCH & STRENGTH with Dot Sanderson  
TAI CHI with Geof Karlson  
WALK THE HALLS  
YOGA with Christine Frisco*

**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  
GAME-OF-THE-MONTH*

**TAKE A RIDE**

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

**CREATE & LEARN**

*DRAWING with Kathi Smith  
GRACE NOTES CHORUS with Mary Abt  
OPEN STUDIO  
PAINTING with Steve Kennedy  
STORY SWAP with Dan Lynch  
TECH SUPPORT with Provincetown Library  
TRAVELOGUE with Larry Moodry  
WRITING CONNECTION with Hilde Oleson*

**ENJOY A MEAL**

*ELDER SERVICES SENIOR DINING LUNCH  
MEN'S BREAKFAST*



**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 / DISTRIBUTION \*SHINE  
\*LEGAL ASSISTANCE \*SOCIAL SERVICES  
\*STORM REASSURANCE \*TAX ASSISTANCE*

## NEW PROGRAMS AT THE COA ...

### **PICTIONARY** *Wednesday, April 13 @ 1:15 pm*

Our game-of-the-month is another that will make you laugh! Free. RSVP by 4/12.



### **CRIBBAGE** *Thursdays @ Noon beginning April 7*

Weekly cribbage is starting up again so grab a friend and come on in! Free. Drop-ins welcome.

### **STRETCH INTO YOGA** *Thursdays @ 10:30 am beginning April 7*

Christine Frisco, who has taught yoga at the COA for over 15 years, is offering a second yoga class. All levels, including beginners, are welcome. Experience the many benefits of stretching into yoga.

Cultivating space and freedom in the body is a good tonic for all! Sliding scale \$8-12/class.

### **POETRY READING AND RECEPTION** *Monday, April 25 @ 1:30 pm*

Join us for an afternoon of poetry by local seniors followed by a reception with light refreshments. Free. If you would like to read, call Char by April 18. If you would like to attend, RSVP by April 20.

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

### **TIME TOGETHER** *Thursday, April 7 @ 2:30 pm*

Salty Market in North Truro Center. Food: \$3+. Bus: \$1. RSVP by 4/6.

### **OUT TO LUNCH** *Tuesday, April 12 @ 11:00 am*

Noble House in Harwich, Japanese-style Hibachi lunch specials. Food: \$11+. Bus: \$5. RSVP: by 4/7.

### **PROVINCETOWN ART ASSOCIATION & MUSEUM** *Thursday, April 14 @ 1:30 pm*

**PAAM** We're excited to partner with PAAM to offer this special event! Lynn Stanley, Curator of Education, will give a tour and then lead a fun workshop related to the artwork so that you will have a chance to express yourself creatively (no artistic experience necessary!). There will also be plenty of time to enjoy the five exhibits including "Color Aid", a show about color and fundraiser for PAAM's youth programs, and "To Promote Good Fellowship: Beachcombers Club 1916-1976", celebrating the Beachcombers Club, a group of artists that has helped sustain the vitality of our artistic community. \$10: includes admission, private tour, workshop, ride. RSVP by 4/11.

### **PIES & PANSIES** *Tuesday, April 19 @ 9:30 am*

Marion's Pie Shop in Chatham, lunch at Orleans' Homeport Restaurant then stroll Friend's Marketplace amongst the pansies and posies. Food: \$6+. Bus: \$5. RSVP by 4/14.

### **SEE THE DAY: EASTHAM** *Thursday, April 21 @ 2:00 pm*

Tour Eastham, the land of ponds! Bus: \$1. RSVP by 4/20.

### **MASHPEE WAMPANOAG MUSEUM** *Tuesday, April 26 @ 9:00 am*

Rescheduled from March, Mashpee Wampanoag Museum to explore tribal history, artifacts with private docent. Lunch at Wicked Restaurant. Food: \$8+. Museum: \$4+. Bus: \$5. RSVP by 4/21.



### **SEE THE DAY: TRURO** *Thursday, April 28 @ 2:30 pm*

6A through Truro to see winter's sculpted beaches. Bus: \$1. RSVP by 4/13.

**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**Are you turning 65 soon? Read below!!!**

Every day there are thousands of baby boomers turning 65 who are now eligible for Medicare.

Things to know...

- If you are collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65.

\* If you are **NOT** collecting Social Security, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at [www.socialsecurity.gov](http://www.socialsecurity.gov) or at the local Social Security office in Hyannis.

There are federal rules as to when you can enroll in Medicare Part A, Part B, Part C (Medicare Advantage Plans-HMOs, PPOs) and Part D (prescription coverage). If you miss enrollment periods you may have to pay a late enrollment penalty and could have a gap in health care coverage.

Those new to Medicare can make costly mistakes. If you or someone you know will be turning 65 it is very important to sit down with a SHINE counselor and go over your particular situation. SHINE counselors are trained and certified to help those who are on, or are eligible for Medicare.

As a reminder, those already receiving benefits should review their plans each year to determine whether the current plan is meeting their needs. These changes can be made during open enrollment which happens October 15—December 7. If you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment.

**Call the COA to make an appointment with a SHINE counselor to make sure you are covered!**

*With appreciation to...*

...the COA Board for hosting the Annual Town Meeting Forum and to all of the Town officials who discussed the warrant articles. It is so helpful to go to Town Meeting as an informed citizen.

...the Provincetown Police Department for hosting, cooking and serving a delicious winter lunch. Always a pleasure to share a meal with the Officers.

...Peter Donnelly, Steven Sollog and Pavia for making our February and March Music Salons so enjoyable. What talented musicians and we are fortunate to have them here.

...Julie Rich for creating such a yummy meal for our Soup & Salad program.

...everyone at the Fine Arts Work Center, especially the Fellows who taught visual arts and writing classes here in March. What a terrific collaboration!

...the Alzheimer's Family Support Center of Cape Cod not only for conducting memory screenings here but for all of the support they offer to our community.

**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**

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

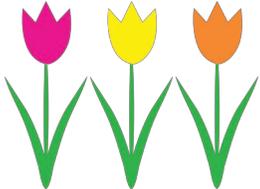
**PROVINCETOWN COUNCIL ON AGING MISSION STATEMENT**

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

# APRIL 2016

*Bold is new program*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>COA HOURS</u></b></p> <p>MON-THURS 8 AM-5PM</p> <p>FRIDAY 8 AM-NOON</p>	<p><b><u>APPOINTMENTS</u></b></p> <p>HEARING 508-255-1285</p> <p>SHINE 508-487-7080</p> <p>VETERANS AGT 508-487-7099</p>		<p><b><u>ELDER SERVICES</u></b></p> <p><b><u>WEDNESDAY LUNCH</u></b></p> <p>RSVP BY TUESDAY 10:00</p> <p>508-487-2700</p>	<p>Writing <b>1</b> Connection 10:00</p> 
<p>Hyannis* 8:30 <b>4</b></p> <p>Stretch &amp; Strength 10:15</p> <p>Tai Chi 11:30</p> <p>COA Radio Show WOMR 92.1 12:30</p> <p>Social Services*</p>	<p>Orleans* 9:00 <b>5</b></p> <p>Yoga 9:00</p> <p>Painting* 9:30</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Tax Assistance*</p> <p>Veterans Agent*</p>	<p>Drawing* 9:30 <b>6</b></p> <p>Strength Training 10:15</p> <p>Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00</p> <p>ES Lunch* Noon</p> <p>Tech Support 1:00</p>	<p>Stop &amp; Shop* 9:30 <b>7</b></p> <p>Painting* 9:30</p> <p>Library* 10:00</p> <p><b>Stretch Yoga 10:30</b></p> <p><b>Cribbage Noon</b></p> <p>Open Studio 1-4</p> <p><b>Time Together* 2:30</b></p> <p>Grace Notes 4:00</p> <p>Podiatrist*</p> <p>Veterans Agent*</p>	<p>Writing <b>8</b> Connection 10:00</p>
<p>Hyannis* 8:30 <b>11</b></p> <p>Stretch &amp; Strength 10:15</p> <p>Tai Chi 11:30</p> <p>Social Services*</p> <p>SHINE*</p>	<p>Yoga 9:00 <b>12</b></p> <p>Painting* 9:30</p> <p><b>Out to Lunch* 11:00</b></p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Drawing* 9:30 <b>13</b></p> <p>Strength Training 10:15</p> <p>ES Lunch* Noon</p> <p>Legal Aid 1:00</p> <p>Tech Support 1:00</p> <p><b>Pictionary* 1:15</b></p>	<p>Stop &amp; Shop* 9:30 <b>14</b></p> <p>Painting* 9:30</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Cribbage Noon</p> <p>Open Studio 1-4</p> <p><b>PAAM* 1:30</b></p> <p>Grace Notes 4:00</p> <p>Veterans Agent*</p>	<p>Writing <b>15</b> Connection 10:00</p>
<p><b><u>CENTER</u></b> <b>18</b></p> <p><b><u>CLOSED</u></b></p> 	<p>Yoga 9:00 <b>19</b></p> <p>Men's Breakfast* 9:00</p> <p><b>Pies &amp; Pansies* 9:30</b></p> <p>Painting* 9:30</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Drawing* 9:30 <b>20</b></p> <p>Strength Training 10:15</p> <p>ES Lunch* Noon</p> <p>Blood Pressure/Ask- A-Nurse 11-1:00</p> <p>Hearing* 1:00</p> <p>Story Swap 1:00</p> <p>Tech Support 1:00</p>	<p>Stop &amp; Shop* 9:30 <b>21</b></p> <p>Painting* 9:30</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Cribbage Noon</p> <p>Open Studio 1-4</p> <p><b>See the Day* 2:00</b></p> <p>Grace Notes 4:00</p> <p>Podiatrist*</p> <p>Veterans Agent*</p>	<p>Writing <b>22</b> Connection 10:00</p>
<p>Hyannis* 8:30 <b>25</b></p> <p>Stretch &amp; Strength 10:15</p> <p>Tai Chi 11:30</p> <p><b>Poetry Reading* 1:30</b></p> <p>Social Services*</p> <p>SHINE*</p>	<p>Yoga 9:00 <b>26</b></p> <p><b>Wampanoag Museum* 9:00</b></p> <p>Painting* 9:30</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Drawing* 9:30 <b>27</b></p> <p>Strength Training 10:15</p> <p>ES Lunch* Noon</p> <p>Tech Support 1:00</p>	<p>Stop &amp; Shop* 9:30 <b>28</b></p> <p>Painting* 9:30</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Cribbage Noon</p> <p>Open Studio 1-4</p> <p><b>See the Day* 2:30</b></p> <p>Grace Notes 4:00</p> <p>Veterans Agent*</p>	<p>Writing <b>29</b> Connection 10:00</p>



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRST STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## Happy April



In keeping with the theme of special April holidays,  
here are a few that may not be as familiar!

- |                                       |   |
|---------------------------------------|---|
| April 1: Have Fun at Work Day         | April 16: Eggs Benedict Day             |
| April 2: PB&J Day                     | April 17: Blah, Blah, Blah Day          |
| April 3: Party Day                    | April 18: Jugglers' Day                 |
| April 4: Hug a Newsman Day            | April 19: Garlic Day                    |
| April 5: Go for Broke Day             | April 20: Look Alike Day                |
| April 6: Sorry Charlie Day            | April 21: High Five Day                 |
| April 7: No Housework Day             | April 22: Jelly Bean Day                |
| April 8: Draw a Picture of a Bird Day | April 23: Take a Chance Day             |
| April 9: Name Yourself Day            | April 24: Pig in a Blanket Day          |
| April 10: Golfer's Day                | April 25: Penguin Day                   |
| April 11: Eight Track Tape Day        | April 26: Hug an Australian Day         |
| April 12: Big Wind Day                | April 27: Tell a Lie Day                |
| April 13: Scrabble Day                | April 28: Kiss Your Mate Day            |
| April 14: Look up at the Sky Day      | April 29: Shrimp Scampi Day             |
| April 15: Rubber Eraser Day           | April 30: Hairstyle<br>Appreciation Day |