

# PROVINCETOWN COASTLINES

## PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street  
Provincetown, MA 02657

JUNE 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

It is with great pleasure that we announce that the 2016 Provincetown Senior of the Year is Barbara Rushmore.

Since washing ashore in the 1960's, Barbara has been engaged in many efforts to improve the quality of life for Provincetown residents. In particular, her commitment to beautify Provincetown has led to the planting of hundreds of trees, including many in memory of town residents, and she is well-known for her active involvement at Town Meeting and legislative work.

Barbara exemplifies "the spirit of positive aging" through her civic engagement, social activism and true love of Provincetown. We invite you to join us in honoring her at a luncheon this month. Please see below for information and be sure to call soon for your reservation.

Along with our ongoing programs, June hosts three new offerings: a concert by the Victrola Society, an afternoon of line dancing to celebrate Gay Pride Month and a beginner's contract bridge class (see page 3). We hope you'll join us for one or more of these special events!

~Chris



## SENIOR OF THE YEAR LUNCHEON

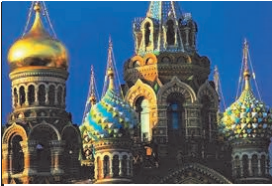
Honoring Barbara Rushmore

Thursday, June 16 at Noon

Seashore Point Dining Room

*RSVP required by June 10: 508-487-7080*

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



**TRAVELOGUE**

**ST. PETERSBURG -  
LENINGRAD -  
ST. PETERSBURG**

*Wednesday, June 1 @ 1:00 pm*

Join us for a free slide show presentation with world traveler Larry Moodry and discover why this city's name changed!

**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*

*STRETCH INTO YOGA / YOGA with Christine Frisco*

**BE WELL**

*VNA CLINICS:*

*ASK-A-NURSE, BP, GLUCOSE*

*BRAIN HEALTH*

*HEARING EVALUATIONS*

*PODIATRIST*

*WELLNESS PRESENTATIONS*

**PLAY GAMES**

*BOARD GAMES*

*BRIDGE / CRIBBAGE*

*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**

*GRACE NOTES CHORUS with Mary Abt*

*STORY SWAP with Dan Lynch*

*TRAVELOGUE with Larry Moodry*

*WRITING CONNECTION with Hilde Oleson*

**ENJOY A MEAL**

*ELDER SERVICES SENIOR DINING LUNCH*

*MEN'S BREAKFAST*



**RELAX**

*CONCERTS / MUSIC SALONS*

*HANG OUT IN THE LOUNGE OR MEDIA CENTER*

*LISTEN TO COA RADIO SHOW ON WOMR*

*WATCH COA EVENTS 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*

**JOIN US AT THE MOVIES**

***TUESDAYS @ 1:00***

***Free movie and popcorn!***



**June 7: "Freeheld"**

In this fact-based drama, same-sex partners face tragedy and discrimination when one is diagnosed with terminal cancer.

Julianne Moore, Ellen Page, Michael Shannon

Drama / 103 minutes / 2015 / PG-13

**June 14: "The Danish Girl"**

Based loosely on the life of Danish painter Einar Wegener who braved gender-reassignment surgery in the 1930's.

Eddie Redmayne, Alicia Vikander

Drama / 120 minutes / 2015 / R

**June 21: "Carol"**

A young store clerk and a wealthy socialite living in the 1950's develop a romantic relationship which, during that time, was considered by many to be taboo.

Cate Blanchette, Rooney Mara

Drama / 118 minutes / 2015 / R

**June 28: "American Experience: Stonewall Uprising"**

Eyewitness interviews and archival footage of a pivotal moment that changed the course of history and marked the dawn of the Gay Rights Movement.

William Eskridge, Seymour Pine

Documentary / 90 minutes / 2010 / NR

## NEW PROGRAMS AT THE COA ...

### **BEGINNER'S CONTRACT BRIDGE** *Wednesdays beginning June 8, 2:00-4:00 pm*



This 6-week session taught by Buck Harris will teach the basics of contract bridge, including betting and counting points based on the Goren System. Once completed, you'll be ready to join our Tuesday bridge players. \$40/6 classes (scholarships available). RSVP by 6/6.

### **VICTROLA SOCIETY** *Thursday, June 9 @ 1:30 pm*

Co-hosted by the Provincetown and Truro COA's, this concert is sure to be a hit. *The Victrola Society*, Cape Cod's exciting show chorus, will perform their *Sentimental Journey* program, singing us through the '20's, '30's and '40's. The show takes place at the Truro COA. Rides available, \$1 donation. Refreshments. Free. RSVP by 6/7.



### **GAME OF THE MONTH: CHARADES** *Wednesday, June 22 @ 1:00 pm*

Our favorite - come laugh with us!

### **CELEBRATE PRIDE: DANCE!** *Monday, June 27 @ 1:30 pm*

June is Gay Pride Month and we are celebrating with an afternoon of line dancing. Using a variety of music, dance instructor Julie Rich will teach easy-to-learn dances step-by-step with an emphasis on fun and learning. Whether you're an experienced dancer or have two left feet, this is for everybody. No partner necessary, just wear comfortable clothing and shoes. Plenty of time to socialize and enjoy refreshments. Free. RSVP by 6/25.



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

### **OUT TO LUNCH: KREME AND KONE** *Tuesday, June 14 @ 10:30 am*

On Swan Pond River in Dennis. Seafood, salads, ice cream. Food: \$10+. Bus: \$5. RSVP by 6/10.

### **WILD CARE OF CAPE COD** *Tuesday, June 21 @ 9:00 am*



A rare opportunity to hear the mission of this rescue organization and view baby animals that are being rehabilitated. Suggested donation: \$5 (or item/s from their Baby Shower wish list). Then Cobie's Clam Shack in Brewster for lunch. Food: \$10+. Bus: \$5. RSVP by 6/16.

### **LIFESAVING STATION & RACE POINT:** *Thursday, June 23 @ 2:00 pm*

Explore the newly restored 1897 station and enjoy the view of the Atlantic. Free. Bus: \$1. RSVP by 6/22.

### **PIRATE'S COVE MINI-GOLF** *Tuesday, June 28 @ 9:00 am*

Spectators and players wanted for mini-golf course adventure in Yarmouth with lunch at Lambert's Rainbow (take-out). Golf: \$10.50. Food: \$8+. Bus: free! RSVP by 6/24.



### **RELAX AT LOPES SQUARE & RYDER STREET** *Thursday, June 30 @ 2:00*

Get yourself a snack or just enjoy the new town benches. Bus: \$1. RSVP by 6/29.

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

*All programs are held at the Provincetown COA unless otherwise noted.*

*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

Last month at our Live Your Life Well event and Health Fair, an opportunity was given to make an appointment for glucose/cholesterol testing as well as bone density screening. If you were unable to attend, don't worry! An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventative services. Many of these services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of the free services include:

- Colorectal cancer screening  
(including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then Annual Wellness Visits in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans (HMOs, PPOs). For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov)

If you have additional questions call the COA to set up an appointment with our trained SHINE volunteer who can help answer your insurance questions and assist in making changes if needed.

*With appreciation to...*

...our newest volunteers: Bill Meves in the COA office and Suzanne Becker who will be assisting with COA programs. Welcome!

...all of the poets who shared their work at our annual Poetry Reading. It was a special afternoon!

...the AARP volunteers who helped ease tax time by providing assistance with tax returns this year: Susan Lynch, Ruth Bentsen, Diane Johnson, Marty Lieber, Louise Vivona-Miller and Tish Yaps.

...Liz Lovati of Angel Foods for the wonderful lunches for the Town Meeting Forum and the Volunteer Appreciation event. Yum!

**PLEASE NOTE: PROGRAM CHANGES**

➔ A few of our programs will take a break this summer. *Tech Assistance* with Brittany Taylor, Provincetown Library, will stop in June and resume in September. *Open Studio* will also be back in the fall.

Starting in July, the *VNA blood pressure/ glucose clinic* will be offered once/month (not twice) on the first Wednesday from 11:00 am to 1:00 pm.

**REMINDER**

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

**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

# JUNE 2016

*Bold is new program*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>COA HOURS</u></b></p> <p><b>MONDAY-THURSDAY</b> 8 am-5pm</p> <p><b>FRIDAY</b> 8 am-Noon</p>	<p><b><u>APPOINTMENTS</u></b></p> <p><b>HEARING</b> 508-255-1285</p> <p><b>SHINE</b> 508-487-7080</p> <p><b>VETERANS AGT</b> 508-487-7099</p>	<p>Strength Training 1 10:15</p> <p>Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00</p> <p>ES Lunch* Noon</p> <p>Travelogue 1:00</p>	<p>Stop &amp; Shop* 9:30 2</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Cribbage Noon</p> <p>Grace Notes 4:00</p> <p>Veterans Agent*</p>	<p>Writing 3 Connection10:00</p>
<p>Hyannis* 8:30 6</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 7</p> <p>Yoga 9:00</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Strength Training 8 10:15</p> <p>ES Lunch* Noon</p> <p>Legal Aid 1:00</p> <p><b>How to Bridge*</b> <b>2:00</b></p>	<p>Stop &amp; Shop* 9:30 9</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Cribbage Noon</p> <p><b>Victrola* 1:30</b> <b>at Truro COA</b></p> <p>Grace Notes 4:00</p> <p>Podiatrist*</p> <p>Veterans Agent*</p>	<p>Writing 10 Connection10:00</p>
<p>Hyannis* 8:30 13</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 14</p> <p><b>Out to Lunch*</b> <b>10:30</b></p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>  <p><b>FLAG DAY</b></p>	<p>Strength Training 15 10:15</p> <p>ES Lunch* Noon</p> <p>Blood Pressure/Ask - A-Nurse 11-1</p> <p>Hearing* 1:00</p> <p>Story Swap 1:00</p> <p>How to Bridge*2:00</p>	<p>Stop &amp; Shop*9:3016</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p><b>Sr of Year Lunch*</b> <b>Noon</b></p> <p>Cribbage Noon</p> <p>Grace Notes 4:00</p> <p>Veterans Agent*</p>	<p>Writing 17 Connection10:00</p>
<p>Hyannis* 8:30 20</p> <p>Stretch &amp; Strength 10:15</p> <p>Tai Chi 11:30</p> <p>Social Services*</p>	<p>Yoga 9:00 21</p> <p>Men's Breakfast* 9:00</p> <p><b>Wild Care* 9:00</b></p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Strength Training 22 10:15</p> <p>ES Lunch* Noon</p> <p>Charades 1:00</p> <p>How to Bridge*2:00</p>	<p>Stop &amp; Shop*9:3023</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Cribbage Noon</p> <p><b>Race Point* 2:00</b></p> <p>Grace Notes 4:00</p> <p>Podiatrist*</p> <p>Veterans Agent*</p>	<p>Writing 24 Connection10:00</p>
<p>Hyannis* 8:30 27</p> <p>Stretch &amp; Strength 10:15</p> <p>Tai Chi 11:30</p> <p><b>Line Dancing*</b> <b>1:30</b></p> <p>Social Services*</p> <p>SHINE*</p>	<p>Yoga 9:00 28</p> <p><b>Mini-Golf* 9:00</b></p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p>	<p>Strength Training 29 10:15</p> <p>ES Lunch* Noon</p> <p>How to Bridge*2:00</p>	<p>Stop &amp; Shop*9:3030</p> <p>Library* 10:00</p> <p>Stretch Yoga 10:30</p> <p>Cribbage Noon</p> <p><b>Lopes Square* 2:00</b></p> <p>Grace Notes 4:00</p> <p>Veterans Agent*</p>	<p><b><u>ELDER SERVICES</u></b></p> <p><b><u>WEDNESDAY</u></b></p> <p><b><u>LUNCH</u></b></p> <p><b>RSVP BY</b> <b>TUESDAY 10:00</b> <b>508-487-2700</b></p>



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2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRST STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## WORD SEARCH: *Happy Summer!*

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

BEACH  
BOAT  
DUNES  
FUN  
HAPPY  
PICNIC  
RELAX  
SAIL  
SAND  
STROLL  
SUMMER  
SUN  
SWIM  
WALK  
WARM

