

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

AUGUST 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

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

From the Director

It's August and time to relax, bask in the beautiful weather and enjoy the summer.

We're hoping you'll join us for some fun as well. See Page 3 for our special events, including the COA Board hosted annual evening at Herring Cove for music and dinner on the deck, our pizza and magic party with the Recreation Department summer program children and an outing to the National Seashore for a presentation in celebration of the 100th birthday of the National Park Service.

For you, our traditional August poem. ~Chris



*In August when the days are hot,
I like to find a shady spot
and hardly move a single bit
and sit*

and sit

and sit

and sit.



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



TRAVELOGUE
INCA TREK IN PERU

Wednesday, August 3
1:15 pm

Enjoy a fascinating slide program as we journey over the Andes Mountains of Peru to the fabled, lost city of Machu Picchu.

Join us for this free presentation by world traveler, Larry Moody.

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm

Free movie and popcorn!

August 2: "Spectre"

James Bond takes on a global terrorist group. Daniel Craig, Christoph Waltz, Lea Seydoux
Action Thriller / 148 minutes / 2015 / PG-13

August 9: "Bridge of Spies"

In 1960, the capture of an American spy plane draws Attorney James Donovan into an intense effort to secure the aviator's release.

Tom Hanks, Mark Rylance, Amy Ryan
Bio-suspense / 144 minutes / 2015 / PG-13

August 16: "Creed"

The son of Apollo Creed asks his father's onetime nemesis, Rocky Balboa for help.

Sylvester Stallone, Michael B. Jordan
Drama / 133 minutes / 2015 / PG-13

August 23: "Youth"

On vacation in the Alps, two friends look to each other for support as they turn 80.

Michael Caine, Harvey Keitel, Rachel Weisz
Drama / 118 minutes / 2015 / R

August 30: "The Lady In The Van"

A man befriends an older woman who has been living in a van parked in his driveway for 15 years.

Maggie Smith, Alex Jennings,
Jim Broadbent

Comedy / 104 minutes / 2015 / PG-13



STAY ACTIVE

BOWLING / ICE SKATING IN ORLEANS
PING PONG

STRENGTH TRAINING with Dot Sanderson
STRETCH & STRENGTH with Dot Sanderson
STRETCH INTO YOGA with Christine Frisco
TAI CHI with Geof Karlson
WALK THE HALLS
YOGA with Christine Frisco

BE WELL

VNA CLINIC:

ASK-A-NURSE, BP, GLUCOSE
HEARING EVALUATIONS
PODIATRIST
WELLNESS PRESENTATIONS

PLAY GAMES

BOARD GAMES
BRIDGE / CRIBBAGE
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

GRACE NOTES CHORUS with Mary Abt
STORY SWAP with Dan Lynch
TRAVELOGUE with Larry Moody
WRITING CONNECTION with Hilde Oleson

ENJOY A MEAL

ELDER SERVICES SENIOR DINING LUNCH
MEN'S BREAKFAST
SPECIAL EVENTS



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 COA...

BEGINNER'S CONTRACT BRIDGE *Wednesdays, beginning August 3, 2:00 - 4:00 pm*

NEW CLASS! 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 if you like. \$40 for 6 classes (scholarships available). RSVP by 8/2.

HERRING COVE CONCERT *Wednesday, August 10 @ 5:00 pm (rain date: August 17)*



An annual tradition! The COA Board invites you to join them at the Herring Cove concession for a concert hosted by Far Land Provisions. Meet for dinner and music by the Chandler Travis Philharmonette. The Board will be there at 5:00, music is 6:00 - 8:00 pm. Bring a chair, warm clothing, your prepared dinner or you can buy dinner at the Far Land concession (cash only). Parking available. Rides available, donation \$1. RSVP by 8/8.

PIZZA, POPSICLES AND MAGIC *Thursday, August 25 @ noon*

An end-of-summer party with the children in the Summer Recreation Program. Enjoy pizza, popsicles and magic by local favorite Peter O'Malley. Lots of laughs. Free. Rides available, donation \$1. RSVP by 8/22.

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

THE ROOSEVELTS, KENNEDYS & THE NATIONAL PARK SERVICE

Tuesday, August 2 @ 1:30 pm

Celebrate the 100th birthday of the National Park Service (NPS) at this special event just for the COA. Enjoy great views of the Province Lands while a Park Ranger joins us on the COA bus for a commentary regarding the impact these famous families had on the NPS and Cape Cod National Seashore. Bus: \$1. RSVP by 8/1.



CHEQUESSETT CHOCOLATES *Thursday, August 4 @ 2:30 pm*

Summer socializing in North Truro. Great beverages and goodies galore. Food: \$4+. Bus: \$2. RSVP by 8/3.

OUT TO LUNCH: MOBY DICK'S *Tuesday, August 9 @ 10:30 am*

A Wellfleet favorite serving fried clams, seafood, salads and more. Food: \$10+. Bus donation: \$2. RSVP by 8/4.

MAC'S ON THE PIER, SIGHTSEEING AND A WALK *Tuesday, August 16 @ 9:00 am*

See the sights and lighthouses of Eastham before a beachside lunch at Mac's on the Pier in Wellfleet. Digest with a stroll through Wellfleet's town center. Food: \$12+. Bus: \$2. RSVP by 8/11.

GRUMPY'S WITH BASS RIVER BOAT TOUR *Tuesday, August 23 @ 8:30 am*

Breakfast/lunch at Grumpy's then tour Dennis' Bass River for an hour and a half aboard a flat bottom boat seeing birds, flora and fauna. Wear safe, comfortable shoes. Food: \$4. Tour: \$21.25. Bus: Free. RSVP by 8/18.

HERITAGE GARDENS AND MUSEUMS OF SANDWICH *Tuesday, August 30 @ 8:30 am*

See the "Costumes of the Cinema" exhibit displaying famous Hollywood movie costumes and their outdoor exhibit "Natural Threads" as well as the amazing gardens with their August blooms. Eat at the Magnolia Café or brown bag it at the shady picnic tables. Food: \$8+. Discounted Admission: \$15. Bus: Free. RSVP by 8/25.

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

Cape Light Compact

The Cape Light Compact offers several programs designed to help you save while making your home more comfortable year-round. Energy efficiency is a great investment and whether you rent or own your home you are eligible for:

- *FREE home energy assessment, with FREE energy efficient light bulbs and FREE air sealing
- *Generous incentives and resources to make weathering your home and installing energy efficient upgrades affordable
- *Rebates on energy efficient products
- *Enhanced incentives for income eligible residents

Call Cape Light Compact at 1-800-797-6699 to request your FREE ENERGY ASSESMENT!

OR

For residents 60+ years of age, the Compact has teamed with Elder Services of Cape Cod and the Islands to offer the Home Energy Assessment Buddy Program. The program provides a trained volunteer from Elder Services to be present during the home energy assessment.

To learn more please call 1-800-244-4630 x 524.

Fuel Assistance

No one wants to think of winter as we are in the midst of summer but I wanted to take the time to remind those who have been approved for Fuel Assistance in previous years that you should be receiving your renewal application between August and September. If anyone needs help with this process please call me to set up an appointment either in my office or in your home. For those who are interested in applying, continue to check the newsletter as I will make an announcement as soon as new applications are available.

With appreciation to...



...all who made the Senior of the Year luncheon so special, including Rep. Sarah Peake, the Board of Selectmen, Town Manager David Panagore and everyone at Seashore Point.

Congratulations again to Barbara Rushmore!

...our wonderful Police Department for another fabulous summer cookout. It's a pleasure to get to spend time with our officers.

...the "angels" who made this year's Fourth of July indoor picnic so much fun. Hats off to Dowell Multer for once again playing the piano so beautifully for us.

...Jim Austin and Bentley Smith for treating us to an impromptu concert-what a joy to have them here.

...Wild Care for hosting and giving us such special attention during our visit. They do amazing work!

GOT UKULELES?



Our Grace Notes Chorus is learning to play the ukulele and could use more instruments.

If you have a ukulele that you no longer play, please consider donating it and give us a call at 508-487-7080. Thank you!

REMINDER

Some programs require reservations so that we can order food, plan rides or schedule space. Be sure to reserve 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*

AUGUST 2016

Bold is new

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 ¹ Stretch & Strength 10:15 Tai Chi 11:30 COA Radio Show WOMR 92.1 fm 12:30 Social Services*	Orleans* 9:00 ² Yoga 9:00 Movie 1:00 Bridge 1:00 CC Seashore* 1:30 Veterans Agent*	Strength Training ³ 10:15 Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00 ES Lunch* Noon Travelogue 1:15 How to Bridge* 2	Stop & Shop* 9:30 ⁴ Library* 10:00 Stretch Yoga 10:30 Cribbage Noon Chocolate* 2:30 Grace Notes 3:00 Veterans Agent*	Writing ⁵ Connection 10:00 <u>COA HOURS</u> MONDAY- THURSDAY 8 am-5pm FRIDAY 8 am-Noon
Hyannis* 8:30 ⁸ Stretch & Strength 10:15 Tai Chi 11:30 Social Services* SHINE*	Yoga 9:00 ⁹ Movie 1:00 Bridge 1:00 Out to Lunch*10:30 Veterans Agent*	Strength Training ¹⁰ 10:15 ES Lunch* Noon Legal Aid 1:00 How to Bridge*2:00 Herring Cove Concert 5:00 pm	Stop & Shop* 9:30 ¹¹ Library* 10:00 Stretch Yoga 10:30 Cribbage Noon Grace Notes 3:00 Veterans Agent* Podiatrist*	Writing ¹² Connection 10:00
Hyannis* 8:30 ¹⁵ Stretch & Strength 10:15 Tai Chi 11:30 Social Services* SHINE*	Yoga 9:00 ¹⁶ Mac's* 9:00 Men's Breakfast* 9:00 @ SS PT. Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training ¹⁷ 10:15 ES Lunch* Noon How to Bridge*2:00 Hearing* 1:00 Story Swap 1:00 How to Bridge*2:00	Stop & Shop*9:30 ¹⁸ Library* 10:00 Stretch Yoga 10:30 Cribbage Noon Grace Notes 3:00 Veterans Agent*	Writing ¹⁹ Connection 10:00
Hyannis* 8:30 ²² Stretch & Strength 10:15 Tai Chi 11:30 Social Services*	Yoga 9:00 ²³ Boat Tour* 8:30 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training ²⁴ 10:15 ES Lunch* Noon How to Bridge*2:00	Stop & Shop*9:30 ²⁵ Library* 10:00 Stretch Yoga 10:30 Cribbage Noon Pizza/Magic* noon Grace Notes 3:00 Veterans Agent* Podiatrist*	Writing ²⁶ Connection 10:00
Hyannis* 8:30 ²⁹ Stretch & Strength 10:15 Tai Chi 11:30 Social Services*	Heritage Gardens³⁰ Museum* 8:30 Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training ³¹ 10:15 ES Lunch* Noon Charades* 1:15 How to Bridge*2:00	<u>APPOINTMENTS</u> HEARING 508-255-1285 SHINE 508-487-7080 VETERANS AGT 508-487-7099	<u>ELDER</u> <u>SERVICES</u> <u>WEDNESDAY</u> <u>LUNCH</u> RSVP BY TUESDAY 10:00 508-487-2700



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH



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

AUGUST
BEACH
BRAZIL
CARNIVAL
ENJOY
ICE CREAM
OLYMPICS
PARADE
RELAX
RIO
SANDCASTLE
SMORES
SUMMER
SUNNY
WATERMELON