# PROVINCETOWN COASTLINES

**PROVINCETOWN COUNCIL ON AGING**
**2 Mayflower Street**
**Provincetown, MA 02657**

## APRIL 2017

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

**508-487-7080**

**www.provincetown-ma.gov**

## *Welcome to Coastlines!*

April is National Volunteer Month and it's always an honor to pay tribute to our dedicated volunteers here at the Center.

If you have ever eaten a meal with us, enjoyed armchair travel or swapping stories, had fun creating art, marveled at our healthy, happy houseplants, sung in the chorus, been awed by the artwork on our walls, played cards, picked up food from our pantry, been greeted by a friendly face at the COA or lobby reception desks, participated in a fitness class, received help navigating the health insurance maze, relaxed to tunes on the piano, attended the annual beach party, gotten tech assistance, learned a new skill, joined the fun in our writing workshop or appreciated the furnishings, refreshments or many activities in the lounge then you have reaped the benefits of our volunteers' caring efforts. Some work independently; some join others, such as our Board or Friends organization. All help to make the Center your home away from home. *~Chris*

Join us in thanking our volunteers!

Mary Abt, Ollie Ahmuty, Maria Andrews, Chris Asselin, Susan Avellar, Suzanne Becker, Stephen Borkowski, Jim Brosseau, Lee Ciliberto, Dottie Clements, Betty Comey, Kitty Cotter, Joy Faxon, Michelle Foley, Tag Gathings, Linda Glenn, William Goodbody, Harriet Gordon, Bob Henneberry, Greg Howe, Amy Howell, Kent Isham, Gladys Johnstone, Dan Kelly, David Ketchum, Julie Knapp, Mary Lambrou, Dan Lynch, Carol MacDonald, Ann Maguire, Carla Mancino, Ardis Markarian, Christine Martin, Larry Moodry, Dowell Multer, Betty Newman, Hilde Oleson, Judy Osowski, Phoebe Otis, Jerry Ouellet, Mary Peres, Margie Perry, Vernon Porter, Mary Rose Quaglino, Ruthie Rogers, Dot Sanderson, Marsha Sirota, Cheryl Stewart, Dan Towler, Sue Troyen, Art Tupper, Vern Wilson

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

## TRAVELOGUE: COSTA RICA

***Wednesday, April 5***
***1:15 pm***

Go on an eco-tour for a unique kind of trip.
Join Larry Moodry in Costa Rica for this travelogue DVD presentation.
Come and enjoy!

## JOIN US AT THE MOVIES!

***TUESDAYS @ 1:00 pm***
***Free movie and popcorn!***

**April 4: "Tab Hunter Confidential"**
One of Hollywood's most romantic stars during the 1950's reveals the pressures of his double life and his eventual decision to step out of the closet.
Tab Hunter, Debbie Reynolds, Robert Wagner
Documentary / 90 minutes / 2015 / Not Rated

**April 11: "The Dressmaker"**
Tilly Dunnage, a dressmaker in Paris, returns to her conservative, rural Australian home to make waves with haute couture but with a hidden agenda.
Kate Winslet, Judy Davis, Liam Hemsworth
Drama / 119 minutes / 2016 / R

**April 18: "Sully"**
Fact-based drama based on pilot Chesley Sullenberg's successful landing on the Hudson River in 2009.
Tom Hanks, Aaron Eckhart, Laura Linney
Biography / 96 minutes / 2016 / PG-13

**April 25: "Bridget Jones' Baby"**
Bridget unexpectedly finds herself pregnant at 43 in this third chapter of her zany life. With two possible suitors, which one is the father?
Renee Zellweger, Colin Firth, Patrick Dempsey
Comedy / 123 minutes / 2016 / R

## STAY ACTIVE

*PING PONG*
*STRENGTH TRAINING with Dot Sanderson*
*STRETCH & STRENGTH with Dot Sanderson*
*STRETCH INTO YOGA with Christine Frisco*
*WALK THE HALLS*
*YOGA with Christine Frisco*

## BE WELL

*VNA CLINIC: ASK-A-NURSE, BP, GLUCOSE*
*HEARING EVALUATIONS*
*PODIATRIST*
*WELLNESS & RESOURCE PRESENTATIONS*

## PLAY GAMES

*BOARD GAMES / PUZZLES IN THE LOUNGE*
*BRIDGE*
*BRAIN GAMES IN MEDIA CENTER*

## TAKE A RIDE

*HYANNIS / PROVINCETOWN*
*OUT & ABOUTS / STOP & SHOP*
*PROVINCETOWN LIBRARY*
*MEDICAL APPOINTMENTS CAPE-WIDE*

## CREATE & LEARN

*DRAWING with Kathi Smith*
*GRACE NOTES CHORUS with Mary Abt*
*KNITTING CIRCLE with Andrea Lavenets*
*PAINTING with Steve Kennedy*
*STORY SWAP with Dan Lynch*
*TECH SUPPORT with Brittany Taylor*
*TRAVELOGUE with Larry Moodry*
*WRITING CONNECTION with Hilde Oleson*

## ENJOY A MEAL

*BREAKFAST BUS*
*"LUNCH BUNCH" WEEKLY LUNCHES*
*MEN'S BREAKFAST*
*OUT TO LUNCH*

## RELAX

*AUTHORS' SERIES / MUSIC SALONS*
*HANG OUT IN THE LOUNGE OR MEDIA CENTER*
*COA RADIO SHOW ON WOMR / EVENTS ON PTV*
*WEEKLY MOVIES / MOBILE LIBRARY*

## GET SUPPORT & ASSISTANCE

**COA OUTREACH ~ HOME OR OFFICE VISITS*
**FOOD PANTRY *LEGAL ASSISTANCE *SHINE*
**MEDICAL EQUIPMENT *SOCIAL SERVICES*
**STORM REASSURANCE *TAX ASSISTANCE*

# JOIN US AT THE COA...

**HOUSING REHABILITATION FUNDS** ***Thursday, April 6 @ 10:00 am***

The Community Development Partnership will present funding opportunities through the Housing Rehabilitation Program for eligible homeowners. Assistance is available for critical home repairs such as roofing, siding, electrical, heating, plumbing, structural repairs, lead paint abatement and energy efficiency upgrades. Work is performed by quality, licensed, insured contractors. Funding is limited and is on a first come, first served basis so don't wait! Learn more at this presentation or call Jean at 508-240-7873, extension 14 for more info. Free. No RSVP required.

**GIRL SCOUT TEA** ***Wednesday, April 12 @ 3:30 pm***

Our second annual gala "dress up" tea with our local Daisy Girl Scout Troop. Wear a favorite chapeau, a boa or make a full-on fashion statement and enjoy tea, Girl Scout cookies and maybe a song or two with the girls. They are looking forward to spending time with you so call now to sign up! Free. RSVP by 4/10.

**OA: HOW IT WORKS** ***Thursday, April 20 @ 10:00 am***

Two members of Overeaters Anonymous from Provincetown will talk about how OA has helped them stop over-eating, end compulsive eating disorders and live healthy, happy lives. Overeaters Anonymous is patterned after Alcoholics Anonymous. Can you be addicted to food? Come and find out. Free. No RSVP required.

**MUSIC SALON: ROBERTA KIRN** ***Wednesday, April 26 @ 1:30 pm***

Roberta Kirn, student of Bobby McFerrin and Ysaye Barnwell (Sweet Honey in the Rock), is a professional "song leader" who has created *The Song Exchange Project,* where to date she has traveled to Haiti and Kenya gathering cultural songs. She will teach us some of these joyous songs and we'll sing them with her. No experience necessary for this special event. Free. RSVP by 4/24.

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

**THE BREAKFAST BUS** ***Tuesday, April 4 @ 9:00 am***

Chatham Corner Store for breakfast bowls, paninis or burritos. Food: $7+ Bus donation: $5. RSVP by 3/31.

**ATLANTIC SPICE COMPANY** ***Thursday, April 6 @ 2:30 pm***

Spices, herbs, gadgets, gifts and a ride up 6A to Truro. Bus donation: $1. RSVP by 4/5.

**MARCONI BEACH AND BBQ** ***Thursday, April 13 @ 2:30 pm***

Drive through a Wellfleet forested road to the Marconi Beach area then stop at Marconi Beach BBQ Restaurant for a "take out" dinner. Food: $8+ Bus donation: $3. RSVP by 4/12.

**CAPE COD ART ASSOCIATION** ***Tuesday, April 18 @ 8:30 am***

See the "Point of View" exhibit with a knowledgeable docent as we tour this extraordinary museum. Artists were given a photograph from which to create a work of art for this exhibit. Lunch at the beautiful Dolphin Restaurant in Barnstable. Museum: FREE. Food: $12+. Bus donation: $5. RSVP by 4/13.

**TIME TOGETHER** ***Thursday, April 20 @ 2:30 pm***

Savory/Sweet Escapes in North Truro. Ice cream, treats, springtime chit chat! Bus donation: $1. RSVP by 4/19.

**OUT TO LUNCH** ***Tuesday, April 25 @ 10:30 am***

Royal II in Yarmouth. Mediterranean, Italian, Cape Cod fried foods. Food: $10+ Bus donation: $5. RSVP by 4/20

**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

### Real Estate Exemptions and Deferrals

As a Provincetown resident, you may qualify for a tax exemption. An exemption releases an individual from the requirement to pay all or a portion of his/her property tax obligations. Massachusetts allows you to defer your taxes if you are 65 years of age or older and meet ownership, residency, and income/asset qualifications.

Exemptions and or deferrals may be available to those individuals who meet certain requirements in the following categories:

*Blind Person (37A)
*CPA Tax Relief (CPA)
*Deferrals (41A)
*Disabled Veteran/Surviving Spouse (22)
*Elderly Person (41C)
*Surviving Spouse, Minor Child, or Elderly(17D)
*Surviving Spouse/Minor Child of a Police Officer or Firefighter killed in the line of duty (42)

Applications are available in the Assessors' Office as well as online at www.provincetown-ma.gov under Town Departments, Assessors. Applications must be filed annually by April 1 or within three months of the mailing date of the actual tax bill, whichever is later. Documentation must also be submitted but is not limited to: birth certificates, evidence of domicile and occupancy, income tax returns and bank, financial statements.

If you are interested in more information, believe you may qualify or need assistance in obtaining an application please call me for an appointment.

## *With appreciation to...*

...Julie Knapp, our newest COA Board member. Please join us in welcoming her. We are grateful for her willingness to serve and her commitment to both Provincetown and the COA.

...the Provincetown Art Commission for installing a painting from the Town collection by Ray Rizk in the COA dining room. Stop in to see it the next time you're at the VMCC. We're so pleased that it now can be enjoyed by all.

...the Fine Arts Work Center staff and Fellows who taught classes at the COA. We look forward to this special collaboration every year.

...the AARP Foundation tax volunteers who assisted residents with completing tax returns again this year. We are fortunate to be able to offer this program.

***THE COA ART SHOW RETURNS!***

**THURSDAY, MAY 4**

**4:00 - 6:00 PM**

***Featuring students' work from COA visual arts and writing classes. Mark your calendar!***

## COUNCIL ON AGING BOARD

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

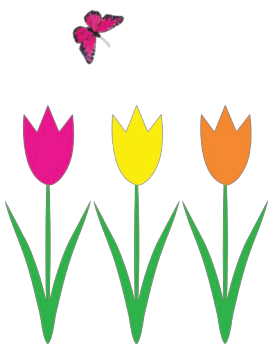
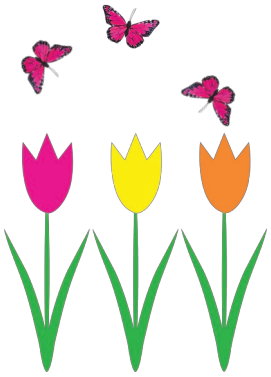
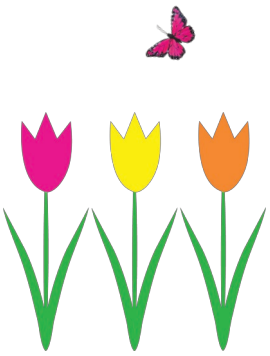
## PROVINCETOWN COUNCIL ON AGING MISSION STATEMENT

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 2017

***Bold** is new program*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **3**<br>Hyannis* 8:30<br>Stretch & Strength 10:15<br>COA Show 12:30 WOMR 92.1 fm<br>Social Services* | **4**<br>**Breakfast Bus*9**<br>Yoga 9:00<br>Painting* 9:30<br>Movie 1:00<br>Bridge 1:00<br>Veterans Agent* | **5**<br>Drawing* 9:30<br>Strength Training 10:15<br>Blood Pressure/ Glucose/Ask-A-Nurse 11-1:00<br>Lunch* Noon<br>Travelogue 1:15 | **6**<br>Stop & Shop*9:30<br>Library* 10:00<br>**Housing Rehab 10**<br>Stretch Yoga 10:30<br>Open Studio 1-4:00<br>Grief Support*2:30<br>**Atlantic Spice*2:30**<br>Knitting 3:00<br>Veterans Agent* | **7**<br>Writing Connection10:00 |
| **10**<br>Hyannis* 8:30<br>Stretch & Strength 10:15<br>Social Services*<br>SHINE* | **11**<br>Yoga 9:00<br>Painting* 9:30<br>Movie 1:00<br>Bridge 1:00<br>Veterans Agent* | **12**<br>Drawing* 9:30<br>Strength Training 10:15<br>Lunch* Noon<br>Legal Aid* 1:00<br>Tech Help 1-2:00<br>COA Board 1:30<br>**Scout Tea* 3:30** | **13**<br>Stop & Shop*9:30<br>Library* 10:00<br>Stretch Yoga 10:30<br>Open Studio 1-4:00<br>**Marconi* 2:30**<br>Grief Support*2:30<br>Knitting 3:00<br>Veterans Agent*<br>Podiatrist* | **14**<br>Writing Connection10:00 |
| **17**<br>**CENTER CLOSED**<br> <br> | **18**<br>**Cape Cod Art* 8:30**<br>Yoga 9:00<br>Men's Breakfast* 9<br>Painting* 9:30<br>Movie 1:00<br>Bridge 1:00<br>Veterans Agent* | **19**<br>Drawing* 9:30<br>Strength Training 10:15<br>Lunch* Noon<br>Hearing* 1:00<br>Story Swap 1:00 | **20**<br>Stop&Shop*9:30<br>Library* 10:00<br>**How OA Works 10**<br>Stretch Yoga 10:30<br>Open Studio 1-4:00<br>**Time *2:30**<br>Grief Support*2:30<br>Knitting 3:00<br>Veterans Agent* | **21**<br>Writing Connection10:00 |
| **24**<br>Hyannis* 8:30<br>Stretch & Strength 10:15<br>Social Services*<br>SHINE* | **25**<br>Yoga 9:00<br>Painting* 9:30<br>**Out to Lunch*10:30**<br>Movie 1:00<br>Bridge 1:00<br>Veterans Agent* | **26**<br>Drawing* 9:30<br>Strength Training 10:15<br>Lunch* Noon<br>Tech Help 1-2:00<br>**Music Salon* 1:30** | **27**<br>Stop&Shop*9:30<br>Library* 10:00<br>Stretch Yoga 10:30<br>Open Studio 1-4:00<br>Grief Support*2:30<br>Knitting 3:00<br>Veterans Agent*<br>Podiatrist* | **28**<br>Writing Connection10:00 |
|  | **COA HOURS**<br>**MON-THURS**<br>**8 AM - 5 PM**<br>**FRIDAY**<br>**8 AM - NOON** |  | **APPOINTMENTS**<br>***HEARING***<br>**508-255-1285**<br>***MEALS ON WHEELS***<br>**508-349-2658**<br>***VETERANS AGENT***<br>**508-487-7099** |  |

**PROVINCETOWN COUNCIL ON AGING**
**2 MAYFLOWER STREET**
**PROVINCETOWN, MA 02657**

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

# *WORD SEARCH*

*Can you figure out what makes this our April Fool's puzzle?*

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

APRIL
FOOL
ARIES
BIRDS
COLORS
FLOWERS
FROGS
LEAVES
PONDS
SHOWERS
TAURUS
TREES
TULIP
VOLUNTEER
CARE