

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

MAY 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!

May is Older Americans Month and this year's theme is "Age Out Loud". The Administration for Community Living, who leads the national celebration, states that the theme was designed "to give aging a new voice, one that reflects what today's older adults have to say. This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things and engaging in their communities. They're taking charge, striving for wellness, focusing on independence and advocating for themselves and others. What it means to age has changed and Older Americans Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today." We agree and are happy to offer many programs and services at the Center for your enjoyment.

This month we are excited to showcase our arts classes at the COA Creative Arts Show. We are fortunate to have talented and skilled arts instructors and we know you will be impressed by the work COA students have produced. Some pieces will be for sale. This is our first show in three years and we'd love to have a great turnout so bring a friend, share refreshments and chat with the artists and instructors. ~Chris



AGE OUT LOUD: MAY 2017

CREATIVE ARTS SHOW **PROVINCETOWN COUNCIL ON AGING** **THURSDAY, MAY 4** **4:00 - 6:00 PM**

Presenting works by students in:

Steve Kennedy's Painting Class

Kathi Smith's Drawing Class

Ruthie Rogers' Garden Collage and Decoupage Classes

Abe Murley's Life Drawing Class

Hilde Oleson's Writing Connection Workshop

Andrea Lavenets' Knitting Circle

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



TRAVELOGUE

Wednesday, May 3

1:15 pm

What is 363 miles long, connects the Atlantic Ocean to the Great Lakes and opened in 1825?

THE ERIE CANAL!

Join Larry Moodry for this travelogue DVD presentation.

JOIN US AT THE MOVIES!

TUESDAYS @ 1:00 pm

Free movie and popcorn!



May 2: “Masterpiece: Churchill’s Secret”

In 1953, a nurse is rushed to a secret location to care for Prime Minister Winston Churchill. Michael Gambon, Lindsay Duncan, Romola Garai
Drama / 111 minutes / 2016 / PG

May 9: “Snowden”

CIA tech expert, Edward Snowden, stunned the world in 2013 by revealing stolen, classified U.S. government documents. Directed by Oliver Stone. Joseph Gordon-Levitt, Shailene Woodley
Drama / 134 minutes / 2016 / R

May 16: “Inferno”

Symbologist Robert Langdon finds himself in a race to stop a madman from releasing a plague. Tom Hanks, Felicity Jones, Omar Sy
Thriller / 121 minutes / 2016 / PG-13

May 23: “Indignation”

To escape a domineering father, Marcus attends a rigidly religious college in the Midwest. Logan Lerman, Sarah Gadon, Tracy Letts
Drama / 112 minutes / 2016 / R

May 30: “Advanced Style”

Profile of 7 New York City women in their 60’s - 90’s whose personal style and spirit have guided their approach to aging. Features Ilona Royce Smithkin
Documentary / 72 minutes / 2014 / NR

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 / CARD ROOM
BRAIN GAMES IN MEDIA CENTER
CHARADES

TAKE A RIDE

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

CREATE & LEARN

GRACE NOTES CHORUS with Mary Abt
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 LUNCH @ COA
OUT TO LUNCH



RELAX

HANG OUT IN THE LOUNGE
OR IN THE MEDIA CENTER
COA RADIO SHOW ON WOMR
COA EVENTS ON PTV
WEEKLY MOVIES / MOBILE LIBRARY

GET SUPPORT & ASSISTANCE

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

JOIN US AT THE COA...

THE CARD ROOM *Thursdays 12:00 - 3:00 pm beginning May 4*

Like to play cards but tired of solitaire? The Card Room is an open time to play cards with others with games determined by participants. No RSVP required just come play a favorite, learn a new game or teach others one.

AFTERNOON MUSIC SALON: PAVIA *Wednesday, May 10 @ 1:30 pm*

She's back!! You asked for her, you got her ... PAVIA (and her accordion)! The Outer Cape's Chanteuse brings a *Cosmopolitan Cabaret*: French, German, Spanish, Italian, Yiddish, Russian and classic American Songbook standards. This is our last Music Salon of the season so don't miss it! Refreshments served. Free. RSVP by 5/9.

GRACE NOTES RETURNS! *Thursdays @ 4:00 pm beginning May 18*

Director Mary Abt invites you to join our Grace Notes Chorus & Ukelele Band! Sing, learn to play the ukulele or hone your skills. Mary will arrive at 4:00 but you're welcome to come in at 3:00 to practice.



No experience necessary for singing or playing; no performing or RSVP required. Come in for fun and song.

CHARADES *Wednesday, May 24 @ 1:30 pm*

The return of our fun time together, playing at conveying messages with eyes, body-language, sound-alike "clues" but never WORDS. Come, join the fun and laughter; it's easy and no experience is needed. No RSVP required.

'THE MOVING WALL' *Wednesday, May 31: 1:00 - 4:00 pm* See Outreach Column for info.

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

THE BREAKFAST BUS *Tuesday, May 2 @ 9:00 am*

Wellfleet's Lighthouse Restaurant, hearty breakfasts for decades! Food: \$7+ Bus donation: \$2. RSVP by 5/1.



RACE POINT *Thursday, May 11 @ 2:30 pm*

Stroll, see the views from the boardwalk overlooking the Atlantic Ocean and experience the serenity of the dunes. Bus donation: \$1. RSVP by 5/10.

OUT TO LUNCH *Tuesday, May 16 @ 11:00 am*

Visit our friends at the Truro COA for a traditional BBQ lunch with all the fixin's! Lunch: \$7.50. Bus donation: Free! RSVP by 5/11.

MAC'S ICE CREAM *Thursday, May 18 @ 2:30 pm*

Enjoy ice cream together at Mac's in Provincetown! Food: \$4+. Bus donation: \$1. RSVP by 5/17.

TOWN HALL BENCHES *Thursday, May 25 @ 2:30 pm*

We'll drop you off at the center of town so you can relax amongst the flow of people in front of our beautiful Town Hall. Bus donation: \$1. RSVP by 5/24.

NICKERSON STATE PARK *Tuesday, May 30 @ 10:00 am*



Explore the beautiful forests of Nickerson State Park in Brewster. We will stop to eat waterside at Flax Pond with your own brown bag lunch or pick up something at Sam's Deli of Eastham (Food: \$7+) on the way. Coming home, we'll stop in Orleans to view the magnificent flowers and other wares at Friend's Marketplace. Bus donation: \$5. RSVP by 5/25.

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

Cape Cod is fortunate to have “The Moving Wall” visit Wareham August 17-24, 2017.

This is a half-sized replica of the Washington, DC Vietnam Veterans Memorial that has been touring the country for over thirty years paying homage to more than 58,000 Vietnam veterans who gave their lives for their country.

To prepare for the visit of “The Moving Wall,” Cape Cod Vet Center is carrying out an exciting project and needs your help!

It is traditional that the names of the Veterans listed on “The Moving Wall” are read while it is displayed. The staff at the Cape Cod Vet Center is working to create an audio recording of the names so that it can be played while people are viewing the memorial.

They are seeking volunteer readers and will be here at the COA to record later this month. Given the great number of Veterans who gave their lives for this country during the Vietnam War, many readers will be needed!

If you would like to volunteer to read names, please call the COA to sign up.

What a special way to celebrate Memorial Day by participating in this project.

The Cape Cod Vet Center will be at the COA...

WEDNESDAY, MAY 31

1:00 - 4:00 PM

If you’d like to volunteer to read, call the COA now to sign up!

508-487-7080

With appreciation to...

...all of our creative arts instructors for sharing your talents and passion with us. Thank you Steve Kennedy, Abe Murley, Hilde Olsen, Ruthie Rogers and Kathi Smith. Remember, you can express your appreciation to them at our Creative Arts Show on May 4!

...to the AARP Foundation volunteers who assisted so many with completing their tax returns.

...to Beacon Hospice for offering both the Death Café and a bereavement support group this spring.



HEALTHY MEALS IN MOTION

The Family Pantry of Cape Cod has partnered with the COA to offer a new food program called “Healthy Meals in Motion.” Once a month, qualifying participants can pick up food here at the Center free of charge.

This program is unique because it is a full choice pantry so clients can pre-select the food that they want. Food includes canned and packaged goods as well as dairy products, meats and bakery items.

Participants must meet income eligibility guidelines and food allotment is based on household size. For more information, call Andrea Lavenets COA Outreach Coordinator.

A reminder that the COA has a pantry on-site open to all!

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

MAY 2017

Bold is new program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 1 Stretch & Strength 10:15 COA Show 12:30 WOMR 92.1 fm Social Services*	Breakfast Bus*9 2 Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training 3 10:15 Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00 Lunch* Noon Travelogue 1:15 COA Board 1:30	Stop & Shop*9:30 4 Library* 10:00 Stretch Yoga 10:30 Card Room 12-3 Veterans Agent* ART SHOW 4:00 - 6:00 pm	Writing 5 Connection10:00
Hyannis* 8:30 8 Stretch & Strength 10:15 Social Services* SHINE*	Yoga 9:00 9 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training 10 10:15 Lunch* Noon Legal Aid* 1:00 Tech Help 1-2:00 Music Salon* 1:30	Stop & Shop*9:30 11 Library* 10:00 Stretch Yoga 10:30 Card Room 12-4:00 Race Point* 2:30 Veterans Agent* Podiatrist*	Writing 12 Connection10:00
Hyannis* 8:30 15 Stretch & Strength 10:15 Social Services* SHINE*	Yoga 9:00 16 Out to Lunch* 11:00 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training 17 10:15 Lunch* Noon Hearing* 1:00 Story Swap 1:00	Stop&Shop*9:30 18 Library* 10:00 Stretch Yoga 10:30 Card Room 12-4:00 Ice Cream*2:30 Grace Notes 4:00 Veterans Agent*	Writing 19 Connection10:00
Hyannis* 8:30 22 Stretch & Strength 10:15 Social Services*	Yoga 9:00 23 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training 24 10:15 Lunch* Noon Tech Help 1-2:00 Charades 1:30	Stop&Shop*9:30 25 Library* 10:00 Stretch Yoga 10:30 Card Room 12-4:00 Town Hall Benches* 2:30 Grace Notes 4:00 Veterans Agent* Podiatrist*	Writing 26 Connection10:00
CENTER CLOSED  memorial DAY	29 Yoga 9:00 30 Nickerson State Park* 10:00 Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training 31 10:15 Lunch* Noon Vet Center*1-4:00 See Outreach Column Page 4 for info	APPOINTMENTS <i>HEARING</i> 508-255-1285 <i>MEALS ON</i> <i>WHEELS</i> 508-349-2658 <i>VETERANS</i> <i>AGENT</i> 508-487-7099	COA HOURS MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH



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

MAY
DAY
MOTHERS
MEMORIAL
CINCO DE MAYO
ART
SHOW
CREATE
GARDEN
COLLAGE
DRAW
KNIT
PAINT
WRITE
ENJOY