PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING
2 Mayflower Street
Provincetown, MA 02657

AUGUST 2017

CHRIS HOTTLE, MSW - *DIRECTOR*
ANDREA LAVENETS - *OUTREACH COORDINATOR*
MAUREEN HURST - *ADMINISTRATIVE ASSISTANT*
NANCY DOOLEY - *COOK / MEAL COORDINATOR*
CARLA MANCINO - *PROGRAM ASSISTANT*

508-487-7080
www.provincetown-ma.gov
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Welcome to Coastlines!

Happy August, the month to relax and enjoy the beautiful weather. Check inside for two special annual events that give us the chance to get together and have fun.

Last month, we said goodbye to our Van Driver/Office Aide, Pat Medina. Pat has been with us for three years and was instrumental in developing the Out & About program, adding trips to new sites Cape-wide as well as "See the Day" and the Breakfast Bus. We will miss having Pat here and wish her well in her new endeavors.

And now, 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

Wednesday, August 2
1:15 pm

"WISCONSIN SHORES"

A dvd presentation with
host and world traveler, Larry Moodry.

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm
Free movie and popcorn!

August 1: "The Light Between Oceans"
A lifeboat washes ashore on an island and turns a childless couple's lives upside down.
Michael Fassbender, Alicia Vikander
Drama / 133 minutes / 2016 / PG-13

August 8: "La La Land"
An aspiring actress and a jazz musician pursue their dreams in Los Angeles.
Emma Stone, Ryan Gosling
Musical Dramedy/ 128 minutes / 2016 / PG-13

August 15: "Hidden Figures"
True story of a team of female, African-American mathematicians who were critical to the early development of the U.S. space program.
Taraji P. Henson, Octavia Spencer
Bio Drama / 127 minutes / 2016 / PG

August 22: "Arrival"
A linguistics professor must interpret the language of alien visitors.

Amy Adams, Jeremy Renner
Sci-Fi Drama / 116 minutes / 2016 / PG-13

August 29: "Allied"
A WW II Canadian intelligence officer and a French resistance fighter carry off a deadly mission, then resume a relationship in London.
Brad Pitt, Marion Cotillard
Action Drama / 124 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
STOP & SHOP
PROVINCETOWN LIBRARY
MEDICAL APPOINTMENTS CAPE-WIDE

CREATE & LEARN

GRACE NOTES CHORUS &
UKULELE BAND with Mary Abt

STORY SWAP with Dan Lynch
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson

ENJOY A MEAL

"LUNCH BUNCH":
WEEKLY LUNCH @ COA
SPECIAL SUMMER GET-TOGETHERS

RELAX

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

GET SUPPORT & ASSISTANCE

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

Join us for these special August events!

HERRING COVE DINNER & MUSIC

Wednesday, August 9 @ 5:00 pm

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 Daggers.
We'll start at 5:00 pm, music begins at 6:00 pm.
Bring a jacket, your prepared dinner or you can buy food at the Far Land concession stand (cash only).
Parking available or ride on the COA van for free!
Meet us there or, if you'd like a ride, please RSVP by August 7.
*****Rain Date: August 16 (music by Digney Fignus)***

* * * \

OUTREACH UPDATES Andrea Lavenets

Massachusetts' Healthy Incentives Program (HIP)

Beginning April 1, 2017, for a three year period, the Massachusetts Healthy Incentives Program will match SNAP (formerly Food Stamps) recipients' purchases of local produce at participating Farmers' markets, Farm stands, Mobile markets, and Farm share programs.

SNAP recipients will receive an instant, dollar-for-dollar match credited to their EBT card on eligible purchases. It is easy to earn the incentive and funds are immediately added to your EBT card. The earned incentives can be used right away or saved for a future purchase at any SNAP retailer.

The HIP incentive benefit has a monthly cap based on household size. SNAP households will need to spend SNAP dollars on fruits and vegetables and benefits are earned when SNAP recipients swipe their EBT card.

Household Size	HIP Monthly CAP
1-2 persons	$40
3-5 persons	$60
6+	$80

Farmers' Markets Accepting SNAP Benefits:

Provincetown—next to Town Hall
Saturday's, May 13 to November 18, 9AM-3PM

Truro—7 Truro Center Road
Monday's, June 12 to August 28 8AM-Noon

Wellfleet– 335 Main St, behind Preservation Hall
Wednesday's, May 17 to October 11 8AM– Noon

Orleans—21 Old Colony Way
Saturday's, May 13 to November 18 8AM-Noon

With appreciation to...

...the Provincetown Police Department, not only for the lunches they host at the COA but for the services they provide and the kindnesses shown to seniors on a daily basis.

...the COA and Family Pantry of Cape Cod volunteers without whom we could not offer the Healthy Meals in Motion program. Their commitment - and muscles! - are appreciated.

...to all who made the July 4th Parade so special: the Recreation Department for organizing another great event, our Seniors of the Year and all of you along the way who showed your support. Stop by the office and see our trophy!

HEALTHY MEALS IN MOTION

The Family Pantry of Cape Cod and the COA are offering a new food program where qualifying seniors can pick up food monthly at the Center free of charge. This program is unique in that people can pre-select the food they want, including canned and packaged goods, dairy products, meats and bakery items. Participants must meet income eligibility guidelines.

For more info, 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)
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*

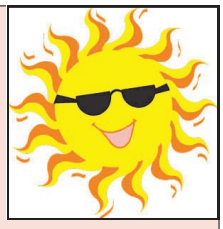
AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COA HOURS **MON-THURS** **8 AM - 5 PM** **FRIDAY** **8 AM - NOON**	**1** Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*	**2** Strength Training 10:15 Blood Pressure/ Glucose/Ask-A-Nurse 11-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15	**3** Yoga 9:00 Stop & Shop*9:30 Stretch Yoga 10:30 Grace Notes 4:00 Veterans Agent*	**4** Writing Connection10:00
7 Hyannis* 8:30 Stretch & Strength 10:15 Radio Show 12:30 WOMR 92.1 fm Bridge Lessons* 1 SHINE*	**8** Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*	**9** Strength Training 10:15 Lunch* Noon Knitting 1:00 Legal Aid 1:00 Herring Cove* 5:00	**10** Yoga 9:00 Stop & Shop*9:30 Stretch Yoga 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*	**11** Writing Connection10:00
14 Hyannis* 8:30 Stretch & Strength 10:15 Bridge Lessons*1 SHINE*	**15** Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*	**16** Strength Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:00	**17** Yoga 9:00 Stop&Shop*9:30 Stretch Yoga 10:30 Grace Notes 4:00 Veterans Agent*	**18** Writing Connection10:00
21 Hyannis* 8:30 Stretch & Strength 10:15 Bridge Lessons*1 SHINE*	**22** Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*	**23** Strength Training 10:15 Lunch* Noon Knitting 1:00	**24** Yoga 9:00 Stop&Shop*9:30 Stretch Yoga 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*	**25** Writing Connection10:00
28 Hyannis* 8:30 Stretch & Strength 10:15 SHINE*	**29** Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*	**30** Strength Training 10:15 Lunch* Noon Knitting 1:00	**31** Yoga 9:00 Stop&Shop*9:30 Stretch Yoga 10:30 Pizza, Popsicles & Magic* Noon Grace Notes 4:00 Veterans Agent*	**APPOINTMENTS** ***HEARING*** **508-255-1285** ***MEALS ON WHEELS*** **508-349-2658** ***VETERANS AGENT*** **508-487-7099**

PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

AUGUST WORD SEARCH



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HERRING
COVE
NEW
BEACH
AUGUST
SUMMER
HYDRATE
CARNIVAL
PARADE
FLOAT
ICE CREAM
SUNDAE
SUN
HOT
RELAX