

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

SEPTEMBER 2017

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508-487-7080

www.provincetown-ma.gov

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HAPPY SENIOR CENTER MONTH!

September is National Senior Center Month and this year's theme is "Senior Centers: Masters of Aging." According to the National Institute of Senior Centers, "this theme highlights the many ways Senior Centers lead their communities and inspire individuals to master this phase of life." They note the ways in which Senior Centers empower, enlighten, engage and enrich the lives of older adults.

Last year we were proud to welcome over 800 people to the Center and offer over 180 programs and services. We don't accomplish this on our own. Thanks to our Board, Friends, volunteers, instructors and YOU, we can serve town residents and continually expand programming to include new options based on ever-changing needs.

To the COA staff, this is a "win/win" situation. We enjoy providing opportunities and support to our participants and, in return, we also are empowered, enlightened, engaged and enriched by your presence and involvement here.

This year, we will celebrate National Senior Center Month by expressing our appreciation to you with a week-long "Meet, Greet and Eat" with Senior Center staff. Please join us for light morning refreshments, giveaways, informational materials and a relaxed chat. If you are a regular guest, come say hello and share some goodies. If you've never been to the Center, have a bite to eat with us and we'll give you a tour. This is YOUR activity and resource center and we'd love to see you! ~ *Chris*

You're invited to our Meet, Greet and Eat!

Monday - Friday, September 25 - 29

9:00 - 10:00 a.m. in the COA Dining Room

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



TRAVELOGUE

*Wednesday, September 6
1:15 pm*

“POLAR BEAR EXPEDITION”

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

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm

Free movie and popcorn!

September 5: “The Shack”

A man filled with doubts and grief after a family tragedy answers when God calls him to a deserted shack.

Sam Worthington, Octavia Spencer, Tim McGraw
Drama / 132 minutes / 2017 / PG-13

September 12: “Fences”

A man in 1950’s Pittsburgh struggles to raise a family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race.

Denzel Washington, Viola Davis
Drama / 139 minutes / 2016 / PG-13

September 19: “A United Kingdom”

Based on a true story, when an African prince and a London office worker wed, their interracial union sparks an international crisis.

David Oyelowo, Rosamund Pike
Bio Drama / 111 minutes / 2017 / PG-13

September 26: “Rules Don’t Apply”

A woman working for Howard Hughes falls for his driver but dating is prohibited by Hughes.

Warren Beatty, Lily Collins

Drama / 126 minutes / 2016 / PG-13



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

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

BREAKFAST BUS / OUT TO LUNCH

RELAX

KNITTING CIRCLE

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*

HOUSING REHABILITATION FUNDS Thursday, September 7 @ 10:00 am

The Community Development Partnership will present funding opportunities for eligible homeowners to make critical repairs (roofing, siding, electrical, heating, plumbing, structural repairs, energy efficiency upgrades and more) on their homes. Funding is limited so don't wait! Learn more at this talk or call Jean at 508-240-7873.

BRIDGE LESSONS Mondays @ 1:00 pm beginning September 11

Instructor Buck Harris will teach bridge for beginners and those who need a refresher. Learn the basics of standard American bridge, including bidding, play of the hand, defense and etiquette. There will be handouts for study and by the end of the course you can join the weekly COA bridge group. Six sessions, 9/11, 18, 25-10/2, 16, 23. Fee: \$35 for 6 classes. (For info about scholarships, call Chris.)

**CARD ROOM Thursdays @ Noon**

The Card Room is an open time to play cards with others. Games will be determined each week by the participants. If you are interested, please RSVP by 5:00 pm each Wednesday for the following day.

NAVIGATING THROUGH GRIEF Thursdays at 2:30 pm beginning September 14**A SUPPORT GROUP FOR THE LOSS OF A LOVED ONE**

When a life ends, those living are left to grieve their loss. Your grief is as individual as your life. Yet evidence shows that participating in a group can facilitate the process of healing and help one to move forward. Judy Hunter, Bereavement Coordinator for Beacon Hospice, will lead this free, six week group. You are not alone in your grief. Join us for support, empathy and understanding. Call Beacon Hospice to register: 508-778-1622 (drop-ins accepted first two meetings only).

MEDICARE FRAUD Thursday, September 21 @ 1:30 pm ~ Truro COA

Billions of tax dollars are lost to Medicare fraud each year. Tom Clarke, a representative of Massachusetts Senior Medicare Patrol, will discuss how to prevent, detect and report healthcare errors, fraud and abuse. This free workshop will help you to become a more informed, engaged healthcare consumer. Co-hosted by the Provincetown, Truro and Wellfleet COA's, it will be held at the Truro COA. RSVP by 9/18. Rides available.

WHO'S YOUR AGENT? Thursday, September 28 @ 1:30 pm

This is a free public education and engagement program presented by the Visiting Nurse Association (VNA) to help adults open the door to health care planning discussions with their families and care providers so that they can receive person-centered care throughout their lives. You can start to make your own health care plan or help a competent loved one create theirs. RSVP by 9/26.

KNITTING CIRCLE Wednesdays @ 1:00 pm

If you enjoy needlework, join with others for relaxed conversation while you knit, needlepoint or crochet. We'll meet in the comfy COA lounge. No need to register, just come in. All are welcome.

NEW YOGA CLASS Thursdays @ 9:00 am

Yoga Instructor Christine Frisco has added a second yoga class in addition to her Tuesday morning class. This "gentle plus" class is open to all levels and can be modified to meet individual needs. She will continue to offer the Stretch Into Yoga class on Thursdays at 10:30, which is a more gentle practice. Yoga is wonderful for your mind, body and soul and its many benefits are well-documented. Sliding scale: \$8-10/class. For more information, contact Christine at 508-221-8427.

GRACE NOTES Thursdays @ 4:00 pm

Led by Mary Abt, our Grace Notes Chorus has gathered weekly for several years to sing and have fun. Last year, there was interest in learning to play the ukulele so Mary began teaching people to play. The group continues to meet - some to sing, some to play, some both! Come sing or play along with us!

OUTREACH UPDATES Andrea Lavenets

Competitive Electric Supply—
What Consumers Need to Know

The electricity market is volatile, and prices are typically higher during winter months (Jan-Mar) than the rest of the year. Understand what you are looking at. Terms and conditions of contracts are as important as price.

*Contract & Term Length—What will happen at the end of your contract? Will you be automatically changed to a different rate if you do not cancel the contract?

*Rates—Understand the rate offer that is made. Is it an introductory or promotional rate (similar to credit card offers where rate changes after X months)?

*Fees: Ask about Monthly Service Fee, Termination/Cancellation, Return Fee if you return to your present supplier

3 important cautions to be aware of when approached with an offer:

ALWAYS ask for written information so that you may review it without any pressure.

NEVER provide your current account number before you have decided to sign a contract as the supplier has the ability to switch your account to their supply without your consent.

NEVER commit to a price or contract over the phone. Verbal offers may not provide you with all the terms and conditions of the contract you are about to enter into.

Call Cape Light Compact at 508-375-6644 with questions.

With appreciation to...

...our Lunch Bunch kitchen and dining room volunteers who help our Cook, Nancy Dooley, prepare and serve weekly lunches. We are breaking records in attendance this summer and we couldn't do it without them. A great meal, wonderful company, rides to and from and the best volunteers - please join us!



JUST AROUND THE CORNER!

The Medicare Open Enrollment Period for Medicare Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it — *October 15 - December 7, 2017*. It is very important to re-evaluate your Medicare options for 2018 during this period.

Your current plan is required to notify you by September 30 of any changes for the coming year. Be sure to keep and review this letter called the Annual Notice of Coverage.

Our SHINE counselor can assist you with questions and changes. Appointments fill up quickly so don't put it off. Call us in late September or early October to schedule a free, confidential appointment.

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

SEPTEMBER 2017

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>APPOINTMENTS</u></p> <p>HEARING 508-255-1285</p> <p>MEALS ON WHEELS 508-349-2658</p> <p>VETERANS AGENT 508-487-7099</p>		<p><u>COA HOURS</u></p> <p>MON-THURS 8 AM - 5 PM</p> <p>FRIDAY 8 AM - NOON</p>		<p>Writing 1 Connection 10:00</p>
<p><u>LABOR DAY</u> 4</p> <p><u>CENTER CLOSED</u></p> <p>Radio Show 12:30 WOMR 92.1 fm</p>	<p>Yoga 9:00 5 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*</p>	<p>Strength 6 Training 10:15 Blood Pressure/ Glucose 11-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15 COA Board 1:30</p>	<p>Yoga 9:00 7 Stop & Shop*9:30 Housing Rehab* 10:00 am Stretch Yoga 10:30 Card Room* Noon Grace Notes 4:00 Veterans Agent*</p>	<p>Writing 8 Connection 10:00</p>
<p>Hyannis* 8:30 11 Stretch & Strength 10:15 Bridge Lessons* 1:00</p>	<p>Yoga 9:00 12 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*</p>	<p>Strength 13 Training 10:15 Lunch* Noon Knitting 1:00 Legal Aid 1:00</p>	<p>Yoga 9:00 14 Stop&Shop*9:30 Stretch Yoga 10:30 Card Room* Noon Grief Support Group*2:30 Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>Writing 15 Connection 10:00</p>
<p>Hyannis* 8:30 18 Stretch & Strength 10:15 Bridge Lessons* 1:00 SHINE*</p>	<p>Yoga 9:00 19 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*</p>	<p>Strength 20 Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:00</p>	<p>Yoga 9:00 21 Stop&Shop*9:30 Stretch Yoga 10:30 Card Room* Noon Fraud 1:30 Truro Grief Support* 2:30 Grace Notes 4:00 Veterans Agent*</p>	<p>Writing 22 Connection 10:00</p> 
<p>Hyannis* 8:30 25 Stretch & Strength 10:15 Bridge Lessons* 1:00 SHINE*</p> 	<p>Yoga 9:00 26 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*</p> 	<p>Strength 27 Training 10:15 Lunch* Noon Knitting 1:00</p> 	<p>Yoga 9:00 28 Stop&Shop*9:30 Stretch Yoga 10:30 Card Room* Noon Agent* 1:30 Grief Support* 2:30 Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>Writing 29 Connection 10:00</p> 



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2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

SEPTEMBER WORD SEARCH

Hello,
September!

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

HAPPY
FALL
AUTUMN
EQUINOX
LABOR
DAY
SENIOR
CENTER
MONTH
MEET
GREET
EAT
MASTERS
AGING
SEPTEMBER