

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER

2 Mayflower Street
Provincetown, MA 02657

JANUARY 2018

CHRIS HOTTLE, MSW - DIRECTOR
ANDREA LAVENETS - OUTREACH COORDINATOR
MAUREEN HURST - ADMINISTRATIVE ASSISTANT
DONNA SZEKER - VAN DRIVER / OFFICE ASSISTANT
RICK SHAW - PROGRAM COORDINATOR
NANCY DOOLEY - COOK / MEAL COORDINATOR
CARLA MANCINO - PROGRAM ASSISTANT

The Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

Happy New Year from all of us at the Senior Center. We hope that one of your resolutions is to spend more time here at the Center in 2018.

Recently, the COA Board and staff have been looking at ways to improve publicity about the programs and services offered at the Center. Underpinning this discussion is our mission to be a welcoming resource and activity center for older adults. We realize that what makes the Center special for participants, volunteers, instructors and staff are the connections we make here. Whether it's meeting new friends, catching up with others, learning a skill, exercising, sharing a meal, giving of time...we are experiencing connections that make our lives richer and more meaningful.

Research shows that social connections are critical to the physical, emotional, cognitive and spiritual well-being of older adults. Social activity actually boosts the immune system, alleviates depression, improves self-esteem, stimulates the brain and gives us a sense of purpose. On the other hand, social isolation can affect both our health and life span in negative ways.

Living out here on the tip of the Cape, we are familiar with the quiet of winter. It can be a natural time to hibernate, reflect and recharge after the busy summer and holiday seasons. It can also sometimes feel solitary or bleak, especially when weather conditions keep us indoors.

The Senior Center is your "place to connect" throughout the year and particularly during these winter months. We offer over 175 programs and services annually and if you don't see something of interest, ask us. Looking for a place to just "hang out"? How about some time on the computers in the media center or check out the lounge where you can read from our library of books and magazines, color, do a puzzle or play a game. Never been here before? Give us a call and we'll give you a tour and introduce you around.

Beginning this month, we invite you to join us for our newest "Out & About" and a cure for cabin fever: a weekly Coffee Hour. Gather in the lounge for coffee, tea or hot chocolate and relaxed conversation with other guests and members of the Senior Center staff. We hope to see you! ~ Chris



Senior Center Winter Coffee Hour

Tuesdays 10:00 - 11:00 am

January 16 - February 27

Join us for a hot drink and friendly conversation!

If you need a ride, call by 4:00 pm the day before.

No RSVP required.



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



TRAVELOGUE

Wednesday, January 3

1:15 pm

“NOVA SCOTIA”

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

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm ~ Free!

January 2: “Wonder Woman”

Diana, an Amazonian Warrior, fights a war and discovers her power. Gal Gadot, Chris Pine
Adventure / 2017 / 141 / PG-13

January 9: “Manifesto”

13 influential 20th-century artists are brought to life by Cate Blanchett in this unique film.
Drama / 2017 / 98 min / NR

January 16: “Maudie”

Based on the life of Nova Scotian folk artist Maud Lewis. Sally Hawkins, Ethan Hawke
Drama / 2017 / 115 minutes / PG-13

January 23: “Step”

Documents a girl’s high school dance team in inner-city Baltimore.
Documentary / 2017 / 83 minutes / PG



January 30: “The Book of Henry”

A single mother tries to save a young girl from her abusive stepfather by following her son’s notebook.
Naomi Watts, Jacob Tremblay
Drama / 2017 / 105 minutes / PG-13

CLASSIC MOVIE OF THE MONTH

“2001: A SPACE ODYSSEY”

Wednesday, January 24 @ 1:30 pm

Wow! It’s been 50 years since this classic hit the silver screen and it is now widely regarded as one of the greatest and most influential films ever made.
Starring Keir Dullea and Gary Lockwood / 1968

STAY ACTIVE

CHAIR YOGA with Christine Frisco
PING PONG (call ahead to reserve a time)
STRENGTH TRAINING with Dot Sanderson
STRETCH & STRENGTH with Dot Sanderson
WALK THE HALLS
YOGA with Christine Frisco

CREATE & LEARN

TECH HELP/COMPUTER CLASSES with Ed Terrill
DRAWING with Kathi Smith
GRACE NOTES / UKULELES with Mary Abt
OPEN STUDIO in the Art Room
PAINTING with Steve Kennedy
STORY SWAP with Dan Sanders
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson

RELAX & SOCIALIZE

BOARD GAMES / PUZZLES / READ in the Lounge
BRAIN GAMES in the Media Center
BRIDGE
KNITTING CIRCLE
MUSIC SALON
SCRABBLE
WEEKLY MOVIES / CLASSIC MOVIES
WINTER COFFEE HOUR
RADIO SHOW on WOMR / EVENTS on PTV

BE WELL

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

ENJOY A MEAL

“LUNCH BUNCH”: WEEKLY LUNCH @ COA
BREAKFAST BUS / OUT TO LUNCH

TAKE A RIDE

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

GET SUPPORT & ASSISTANCE

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

JOIN US AT THE CENTER...

LEARN HOW TO KNIT *Monday, January 8 @ 10:00 am and/or Wednesday, January 31 @ 1 pm*

Looking for a relaxing, creative hobby that allows you to socialize, too? How about knitting? We will show a video demonstrating the basics followed by an opportunity to practice with the help of an experienced knitter. Then you can join our weekly knitting circle if you like! All supplies provided. No RSVP required, just come in.

MUSIC SALON *Wednesday, January 10 @ 1:30 pm*

We are happy to present talented, local singer Halcyone Hurst. Halcyone graduated in 1998 from Provincetown



High School and then attended the Boston Conservatory of Music at Berklee. She studied with New York's legendary Susan Shepherd and The American Repertory Theater / Moscow Art Theater School Institute for Advanced Theater Training at Harvard University. Halcyone has lived in New York, LA and London and has now returned home to her roots. Free, open to all, light refreshments.

CURRENT SCAMS & CUSTOMER RIGHTS *Tuesday, January 23 @ 1:30 pm, Truro COA*

Co-hosted by Outer Cape Senior Centers, the Barnstable County Sheriff's Office and Consumer Assistance Council present how to avoid scams, what steps to take should you become a victim and what free services CAC offers. Representatives will be available to help you file a complaint. Rides to Truro COA: \$2. RSVP by 1/19.

PAIN IN THE BACK *Monday, January 29 @ 10:00 am*

This class by Donna Hardy, VNA Physical Therapist, focuses on back and neck care including: normal posture and anatomy; degenerative disc disease; spinal stenosis; osteoporosis; other common spinal disorders. This interactive presentation will focus on preventing spinal disorder progression as well as the best way to manage current problems for improved quality of life. There will be time for individual questions. Donna has taught at the Senior Center in the past and keeps classes informative, positive and fun. Free. Open to all.

...OR GET "OUT & ABOUT" ON THE SENIOR CENTER BUS!

PROVINCE LANDS/BEECH FOREST *Tuesday, January 2 @ 10 am*

A New Year drive to the winter wonderland of the Province Lands. Bus donation: \$1. RSVP by 12/29 at noon.

BREAKFAST BUS *Thursday, January 4 @ 9:30 am*

Liz's Café, Anybody's Bar in Provincetown. A new local favorite! Bus donation: \$1. RSVP by 1/2.

THE CHURCH OF THE TRANSFIGURATION *Thursday, January 11 @ 9:30 am*

A guided tour will explore this Orleans church's art, architecture. Lunch at the Land Ho. Bus: \$5. RSVP by 1/5.

THE LANES BOWL & BISTRO, MASHPEE COMMONS *Thursday, January 18 @ 10 am*

An innovative "Boutique Bowling" venue (ten-pin) and casual dining experience; or just shop the Commons. Bus donation: \$8. RSVP by 1/16.

OUT TO LUNCH *Thursday, January 25 @ 11 am*

Mike's Pizzeria & Roast Beef, West Yarmouth. Extensive menu of pizza, pasta, rice bowls, salads, sandwiches, subs, burgers, Mike's signature roast beef and more. Bus donation: \$8. RSVP by 1/16.

BOURNE OUTLET & MARKET BASKET *Monday, January 29 @ 9:30 am*

Shopping at this popular destination. Food court. Bus donation: \$8. RSVP by 1/25.

COFFEE HOUR *Tuesdays, January 16, 23, 30 @ 10:00 am*

See Page 1 for info



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

Are you having trouble paying for groceries or accessing healthy foods?

We have programs that can help!

Foods To Encourage: Lower Cape Outreach Council, Barnstable County Public Health Department and Provincetown Senior Center present Foods To Encourage. Stop by the Senior Center on the 1st and 3rd Fridays of each month from 9-11 am for a cooking demonstration, food samples, recipes, ideas for healthy eating, a bag of fresh fruits/vegetables, and the option to have your blood pressure and glucose tested. Free, no eligibility requirements. Open to all Provincetown residents, no pre-registration required. (This program runs until June of 2018).

Healthy Meals in Motion: The Family Pantry of Cape Cod is partnering with the Provincetown Senior Center to provide healthy perishable and non-perishable foods to Provincetown seniors. If you are struggling to buy the food you need, we can help. The Healthy Meals in Motion pantry visits the Senior Center on the fourth Wednesday of every month. For more information on eligibility criteria and how to enroll call me at 508-487-7080.

As a reminder the Senior Center Pantry is open to all Provincetown residents during our normal business hours. If you are interested in applying for SNAP benefits (formerly known as Food Stamps), call me or our Gosnold Social Services Assistant, Janet, for a confidential appointment.

With appreciation to...

...Dan Lynch for creating and leading our Story Swap for many years. Dan served on the COA Board as President and we are grateful for all he has given to the Center. As he steps down to enjoy retirement, we welcome Dan Sanders who will take over the Story Swap helm. ...Paul Fanizzi of Fanizzi's Restaurant for making our Thanksgiving lunch extra-special with the most scrumptious turkey ever! ...all of the wonderful people who planned, cooked, decorated, served, played music and donated time and funds to make the annual David Asher Holiday Dinner one of our most treasured traditions!

**WINTER WEATHER POLICY**

If Provincetown Schools are closed, Senior Center programs and rides will be cancelled. The office will be open.

If the Town of Provincetown offices/Town Hall are closed, the Senior Center office will not be open. All programs and rides will be cancelled.

For your safety, rides and programs may be cancelled at other times based on weather conditions. If in doubt, please call ahead!

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

JANUARY 2018

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CENTER ¹ CLOSED Radio Show 12:30 WOMR 92.1 fm Happy New Year!</p>	<p>Yoga 9:00 ² Province Lands* 10 Movie 1:00 Bridge 1:00 Stop&Shop* 1:00 Veterans Agent* Social Services*</p>	<p>Strength ³ Training 10:15 Lunch* Noon Knitting 1:00 Travelogue 1:15 COA Board 1:30</p>	<p>Yoga 9:00 ⁴ Breakfast Bus* 9:30 Chair Yoga 10:30 Grace Notes 4:00 Library* Veterans Agent*</p>	<p>Foods to ⁵ Encourage 9-11 Writing Connection10:00</p>
<p>Hyannis* 8:30 ⁸ Beg Drawing* 9:30 Learn to Knit 10:00 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00</p>	<p>Yoga 9:00 ⁹ Painting* 9:30 Microsoft* 10:00 Movie 1:00 Bridge 1:00 Stop&Shop* 1:00 Veterans Agent* Social Services*</p>	<p>Adv Drawing*9:30¹⁰ Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Legal Aid 1:00 Music Salon 1:30 Beg Computer* 2:00</p>	<p>Yoga 9:00 ¹¹ Out & About* 9:30 Chair Yoga 10:30 Grace Notes 4:00 Library* Podiatrist* Veterans Agent*</p>	<p>Writing ¹² Connection10:00</p>
<p>CENTER ¹⁵ CLOSED </p>	<p>Yoga 9:00 ¹⁶ Painting* 9:30 Microsoft* 10:00 Coffee Hour 10:00 Movie 1:00 Bridge 1:00 Stop&Shop* 1:00 Veterans Agent* Social Services*</p>	<p>Adv Drawing*9:30 ¹⁷ Strength Training 10:15 Lunch* Noon Knitting 1:00 Story Swap 1:00 Hearing* 1:00 Beg Computer* 2:00</p>	<p>Yoga 9:00 ¹⁸ Out & About* 10 Chair Yoga 10:30 Grace Notes 4:00 Library* Veterans Agent*</p>	<p>Foods to ¹⁹ Encourage 9-11 Writing Connection10:00</p>
<p>Hyannis* 8:30 ²² Beg Drawing* 9:30 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00</p>	<p>Yoga 9:00 ²³ Painting* 9:30 Microsoft* 10:00 Coffee Hour 10:00 Movie 1:00 Bridge 1:00 Stop&Shop* 1:00 Scams/Rights* 1:30 Veterans Agent* Social Services*</p>	<p>Adv Drawing*9:30 ²⁴ Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Classic Movie 1:30 Beg Computer* 2:00</p>	<p>Yoga 9:00 ²⁵ Chair Yoga 10:30 Out to Lunch* 11 Grace Notes 4:00 Library* Podiatrist* Veterans Agent*</p>	<p>Writing ²⁶ Connection10:00</p>
<p>Beg Drawing*9:30²⁹ Out & About* 9:30 Back/Neck Care*10 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00</p>	<p>Yoga 9:00 ³⁰ Painting* 9:30 Microsoft* 10:00 Coffee Hour 10:00 Movie 1:00 Bridge 1:00 Stop&Shop* 1:00 Veterans Agent* Social Services*</p>	<p>Adv Drawing*9:30 ³¹ Strength Training 10:15 Lunch* Noon Learn to Knit 1:00 Beg Computer* 2:00</p>	<p>SENIOR CENTER HOURS MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</p>	<p>SHINE 508-375-6762 HEARING 508-255-1285 MEALS ON WHEELS 508-349-2658 VETERANS AGENT 508-487-7099</p>



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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

HAPPY
NEW
YEAR
ABUNDANCE
CONTENTMENT
DELIGHT
FRIENDSHIP
FULFILLMENT
FUN
JOY
LAUGHS
LOVE
PEACE
SMILES
WELL-BEING

