

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER

2 Mayflower Street
Provincetown, MA 02657

APRIL 2018

CHRIS HOTTLE, MSW - *DIRECTOR*
ANDREA LAVENETS - *OUTREACH COORDINATOR*
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!

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.” ~ Marjorie Moore

April is National Volunteer Month and that quote says it all.

Every day at the Senior Center, our volunteers come and go, contributing in a myriad of ways and creating a very special sense of community. As we continue to grow, offering more programs and serving more people, it truly is our crew of dedicated, caring volunteers that help to sustain the Center. The Senior Center is a vital and vibrant part of the community thanks in large part to them. The COA staff is honored to acknowledge them at this time every year.

Please join us in thanking our volunteers! ~ *Chris*



**MARY ABT, OLLIE AHMUTY, CHRIS ASSELIN, SUSAN AVELLAR,
SUZANNE BECKER, STEPHEN BORKOWSKI, LEE CILIBERTO,
DOTTIE CLEMENTS, BETTY COMEY, KITTY COTTER, MARY DEROCCO,
TAG GATHINGS, LINDA GLENN, BILL GOODBODY, HARRIET GORDON,
BOB HENNEBERRY, GREG HOWE, AMY HOWELL, KENT ISHAM,
TONY JOHNSON, GLADYS JOHNSTONE, DAVID KETCHUM, JULIE KNAPP,
MARY LAMBROU, DAN LYNCH, ANN MAGUIRE, CARLA MANCINO,
ARDIS MARKARIAN, CHRISTINE MARTIN, LARRY MOODRY,
DOWELL MULTER, HILDE OLESON, JUDY OSOWSKI, PHOEBE OTIS,
JERRY OUELLET, MARY PERES, MARGIE PERRY, VERNON PORTER,
MARY ROSE QUAGLINO, RUTHIE ROGERS, DAN SANDERS,
DOT SANDERSON, JEN SHANNON, MARSHA SIROTA, CHERYL STEWART,
PENNY SUTTER, SUE TROYEN, ART TUPPER, VERN WILSON**

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



TRAVELOGUE

Wednesday, April 4

1:15 pm

“EGYPT”

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

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm ~ Free!

April 3: “Brad’s Status”

A father takes his son to tour colleges and meets up with an old friend. Ben Stiller, Austin Abrams
Comedy, Drama / 2017 / 102 minutes / R

April 10: “Victoria & Abdul”

Queen Victoria strikes up an unlikely friendship.
Judi Dench, Ali Fazal
Biography, Drama / 2017 / 111 minutes / PG-13

April 17: “Loving Vincent”

Depicted in oil-painted animation, a young man visits the last hometown of Vincent van Gogh to deliver the artist’s final letter and ends up investigating his last days there.

Animation, Biography / 2017 /
94 minutes / PG-13



April 24: “Crooked House”

Agatha Christie’s most twisted tale involves catching a murderer before dark.
Glenn Close, Max Irons, Stefanie Martini
Crime, Drama / 2017 / 115 minutes / PG-13

CLASSIC MOVIE OF THE MONTH

“Singin’ in the Rain”

Wednesday, April 25 @ 1:15

A silent film company and cast make a difficult transition to sound.

Gene Kelly, Donald O’Connor, Debbie Reynolds
Comedy, Musical / 1952 / 103 minutes / G

STAY ACTIVE

CHAIR YOGA / 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

CREATE & LEARN

*ART CLASSES with Steve Kennedy,
Ruthie Rogers and Kathi Smith*
TECH HELP with Ed Terrill
GRACE NOTES / UKULELES with Mary Abt
OPEN STUDIO in the Art Room
STORY SWAP with Dan Sanders
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson

RELAX & SOCIALIZE

BRAIN GAMES in the Media Center
BRIDGE
KNITTING CIRCLE
LOUNGE: Read, do puzzles, color and more!
MOBILE LIBRARY
MUSIC SALON
RADIO SHOW on WOMR / EVENTS on PTV
SCRABBLE
WEEKLY MOVIES / CLASSIC MOVIES

BE WELL

*VNA CLINIC: ASK-A-NURSE. BLOOD PRESSURE
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 PANTRY & PROGRAMS*
**LEGAL ASSISTANCE *SHINE*
**MEDICAL EQUIPMENT *SUPPORT GROUPS*
**STORM REASSURANCE*

JOIN US AT THE CENTER...

MUSIC SALON: PETER DONNELLY *Wednesday, April 11 ~ 1:30 - 2:30 pm*



Peter returns for an afternoon of original songs and old favorites from across the decades. Living in Provincetown for almost 30 years, he is co-founder and host of the Coffeehouse at the Mews and producer of Sunset Music at Herring Cove Beach. Bring your voices and sing along! Free.

COOKING & SHOPPING FOR ONE ON A BUDGET *Wednesday, April 18 ~ 1:30 - 2:30 pm*

Bill Furdon offers grocery shopping lists, tips for budget shopping. The class will be customized to participants' favorite recipes and dietary restrictions. Free. Registration required by 4/9.

DEER TICKS: ONE BITE CAN CHANGE YOUR LIFE *Thursday, April 19 ~ 1:30 - 2:30 pm*

Larry Dapsis, CC Cooperative Extension Entomologist, will present Protect Yourself, Protect Your Yard and Protect Your Pet as he reviews the life cycle of deer ticks and incidence rates of tick-borne illnesses. Free.

ESSENTIAL OILS *Monday, April 23 ~ 10:00 - 11:00 am*

Learn how to create a natural medicine cabinet that is safe, holistic and effective. Gwen Kazlouskas-Noyes will discuss essential oils that enhance the body's innate ability to heal itself. Free. RSVP by 4/20.

DEATH CAFÉ *Tuesday, April 24 ~ 10:00 am - Noon*

Demystify death with an informal sharing of thoughts, questions, concerns about any aspect of grieving, dying or death. Thought-provoking and life-affirming conversation. Facilitated by Beacon Hospice. Free. RSVP by 4/20.

INTERGENERATIONAL GARDEN COLLAGE *Wednesday, April 25 ~ 3:00 - 5:00 pm*

We will get together with a couple of students from the Provincetown Schools who are interested in crossing the barriers of age to create a garden collage with us here. It will then be shown at the Senior Center Art Show before it hangs in the school as a testament to community. Please join us! Free. Registration required by 4/23.

ABC'S OF PHYSICAL ACTIVITY BENEFITS *Monday, April 30 ~ 11:30 am - 12:30 pm*

VNA Physical Therapist Donna Hardy will lead this fun, interactive class covering the benefits of exercise and current research studies, including exercise demos. Remember, "anything above rest is beneficial!" Free.

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

BREAKFAST BUS *Thursday, April 5 @ 9:00 am*

Red Cottage, South Dennis. Award-winning breakfast spot (cash only). Bus donation: \$5. RSVP by 4/3.

THE EDWARD GOREY HOUSE *Thursday, April 12 @ 9:00 am*

A museum in Yarmouth Port to celebrate the life and works of author Edward Gorey and his devotion to animal welfare. Lunch at Jack's Outback. Museum fee (seniors): \$5. Bus donation: free. RSVP by 4/10.

COFFEE HOUR - WELLFLEET *Tuesday, April 17 @ 9:30 am*

Enjoy a beverage, pastry and conversation at P&B Boulangerie Bistro followed by a drive along Ocean View Drive. Bus donation: \$3. RSVP by 4/13.

OUT TO LUNCH - NOBLE HOUSE *Thursday, April 19 @ 10:00 am*

Japanese style hibachi, sushi and sashimi in Harwich. Bus donation: \$8. RSVP by 4/17.



COFFEE HOUR - PROVINCETOWN: *Tuesday, April 24 @ 9:30 am*

Beverage, pastry and visit at Far Land Provisions with a drive to Beech Forest. Bus donation: \$1. RSVP by 4/20.

OUT & ABOUT - THE FARM, ORLEANS *Monday, April 30 @ 9:30 am*

Explore the nursery, other destinations by request. Lunch at Cooke's Seafood. Bus donation: \$5. RSVP by 4/26.

TO RSVP OR FOR MORE INFORMATION: 508-487-7080

Programs are subject to change. Bus donation amounts are suggested. Any contribution is appreciated!

OUTREACH UPDATES *Andrea Lavenets*

MEDICARE CARD UPDATE

There is a change happening with your Medicare card. The law requires Centers for Medicare and Medicaid Services to remove Social Security Numbers from all Medicare cards by April 2019. Between April 2018 and April 2019, Medicare will be removing Social Security Numbers from Medicare cards and mailing everyone a new card. This will help keep your information more secure and help protect your identity. You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed. If you are new to Medicare starting April 2018 and on, you will automatically get a card with the new Medicare Number on it.

*Make sure your mailing address is up to date. If your address needs to be corrected, call Social Security at 1-800-772-1213 or visit www.ssa.gov/myaccount

*Be aware of anyone who contacts you about your Medicare card. Medicare will never ask you to give personal or private information to get your new Medicare Number and card.

*Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

Please let me know if you have questions or need assistance contacting Social Security.

With appreciation to...

...all of our volunteers whose many acts of kindness make the Senior Center the special place that it is!



COMING IN MAY!

ANNUAL ART SHOW: MAY 3

HEALTH FAIR: MAY 31

New Women's Radical Aging Session

and more! Look for info in the May newsletter.

2018 SENIOR OF THE YEAR

Nominations for the 2018 Provincetown Senior of the Year are due April 10.

If you would like to nominate someone who is:

- a Provincetown resident, 60+ years of age
- enthusiastically involved in the community
- a role model to peers
- exemplary of the "Spirit of Positive Aging"

Please send their name, why you are nominating them and your name and phone number to:
Chris Hottle, COA, 2 Mayflower Street, 02657 or
e-mail chottle@provincetown-ma.gov

COUNCIL ON AGING BOARD

- David Ketchum (Chair)
Penny Sutter (Vice-Chair)
Amy Howell (Clerk)
Chris Asselin
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 2018

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 2 Beg Drawing* 9:30 Stretch & Strength 10:15 Radio Show 12:30 WOMR 92.1 fm Scrabble 1:00 Open Studio 1-4:00	Yoga 9:00 3 Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Adv Drawing*9:30 4 Strength Training 10:15 Blood Pressure 11-1 Lunch* Noon Knitting 1:00 Travelogue 1:15	Yoga 9:00 5 Breakfast Bus* 9:00 Chair Yoga 10:30 ZENgevity * 1:30 Grace Notes 4:00 Veterans Agent*	Foods to 6 Encourage 9-11 Writing Connection10:00
Beg Drawing*9:30 9 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00 SHINE*	Yoga 9:00 10 Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Adv Drawing* 9:30 11 Strength Training 10:15 Lunch* Noon Knitting 1:00 Legal Aid* 1:00 Tech Help 1-2:00 COA Board 1:30 Music Salon 1:30	Yoga 9:00 12 Out & About* 9:00 Chair Yoga 10:30 ZENgevity*1:30 Grace Notes 4:00 Podiatrist* Veterans Agent*	Writing 13 Connection10:00
16 CENTER CLOSED FOR PATRIOTS' DAY	Yoga 9:00 17 Out & About* 9:30 Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Adv Drawing*9:30 18 Strength Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:15 Cooking for One* 1:30	Yoga 9:00 19 Out to Lunch* 10 Chair Yoga 10:30 Deer Ticks 1:30 ZENgevity*1:30 Grace Notes 4:00 Veterans Agent*	Foods to 20 Encourage 9-11 Writing Connection10:00
Hyannis* 8:30 23 Beg Drawing*9:30 Essential Oils 10:00 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00 SHINE*	Yoga 9:00 24 Out & About* 9:30 Painting* 9:30 Death Café* 10:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Adv Drawing*9:30 25 Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Classic Movie 1:15 Garden Collage*3:00	Yoga 9:00 26 Chair Yoga 10:30 ZENgevity*1:30 Grace Notes 4:00 Podiatrist* Veterans Agent*	Writing 27 Connection10:00
Beg Drawing*9:30 30 Out & About* 9:30 Stretch & Strength 10:15 ABC's 11:30 Scrabble 1:00 Open Studio 1-4:00 SHINE*	SENIOR CENTER HOURS MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON		APPOINTMENTS HEARING 508-255-1285 MEALS WHEELS 508-349-2658 VETERANS AGT 508-487-7099	



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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

NATIONAL
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MONTH
HELPING
HANDS
CARING
SHARING
SUPPORT
FUN
GIVE BACK
GRATEFUL
THANKS
SPECIAL
LOVE
YES

Heartfelt 
THANKS
TO OUR VOLUNTEERS!