

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER

2 Mayflower Street
Provincetown, MA 02657

MAY 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!

Every May we celebrate Older Americans Month and this year's theme is "Engage at Every Age." The Senior Center is the place to connect for older adults and we offer lots of ways to stay engaged. Look inside this issue of *Coastlines* for our new and ongoing programs and services. We are especially pleased to

host our annual Creative Arts Show and a Community Health Fair in May ~ see insert for info on both events.

In honor of Older Americans Month, a poem for your enjoyment. Thanks, Hilde! ~ *Chris*

"Our COA" by Hilde Oleson

I have written poems about Provincetown before.
I wrote of its beauty and kindness.
I have written about the compassion
That binds us together in times of illness and trouble.
This time I want to praise an agency that is quietly saving
Our sanity and preserving our youthful minds.
The COA has the problem of incorporating our antithesis
"Age" in its title, so before they investigate
Many say, "No not for me. I will never be Old."
If they only knew. At 95 it has crawled up on me.
Some activities, some organizations are no longer accessible.
But the COA has taken the place of all.
Do you know they have a free-no questions asked-food pantry?
There are free exercise classes gauged to your ability.
There are games to be played, songs to be sung,
Go to them with any problem and find a listener with a list of help if they are not the right one.
Amazing friends to meet. Wonderful gifts, rides to be taken, movies to see.
If I added all the gifts of advice, friendship, transport I have been given it would startle you.
Those gifts are waiting for you. Surprises galore.
One day a music lesson, another a relaxing massage.
Learn to relax, learn to knit, practice writing.
Come meet us!

OLDER
AMERICANS
MONTH



ENGAGE AT EVERY AGE: MAY 2018

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



TRAVELOGUE
“A Maine Island”
Wednesday, May 2
1:15 pm

A dvd presentation with host Larry Moody.

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm ~ Free!

May 1: “Wonder”

A boy with facial differences attends school for the first time. Julia Roberts, Owen Wilson

Drama / 2017 / 1hr 53 min / PG

May 8: “Murder on the Orient Express”

Detective Hercule Poirot must solve a murder on a train. Kenneth Branagh, Penelope Cruz

Drama / 2017 / 1hr 54 min / PG-13

May 15: “Wonder Wheel”

The lives of a carousel operator and his wife are turned upside down by a visitor.

Justin Timberlake, Kate Winslet, James Belushi

Drama / 1hr 41min / 2017 / PG-13

May 22: “Three Billboards Outside Ebbing, Missouri”

A mother challenges authorities to solve the murder of her daughter. Frances McDormand, Woody Harrelson

Drama / 2017 / 1hr 55 min / R

May 29: “Lady Bird”

An artistic seventeen-year-old girl comes of age in Sacramento, California.

Saoirse Ronan, Laurie Metcalf

Comedy, Drama / 2017 / 1hr 34 min / R



CLASSIC MOVIE OF THE MONTH

“Cinema Paradiso”

Wednesday, May 23 @ 1:15

A young boy discovers the perfect escape from his war-torn village at the Cinema Paradiso Movie House.

Drama / 1988 / 2hr 4min / R

(Italian)

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

BRAIN GAMES in the Media Center
COMPUTER CLASSES & TECH HELP
with Ed Terrill
GRACE NOTES / UKULELES with Mary Abt
STORY SWAP with Dan Sanders
TRAVELOGUE with Larry Moody
WRITING CONNECTION with Hilde Oleson

RELAX / SOCIALIZE

ART SHOW
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
HEALTH FAIR
HEARING EVALUATIONS
PODIATRIST
WELLNESS & RESOURCE PRESENTATIONS

ENJOY A MEAL

“LUNCH BUNCH”: 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...

COMPUTER CLASSES: NEW SESSIONS IN MAY

All classes are taught by Ed Terrill and are free. Registration is required.

IPAD CLASS: Wednesdays at 11:00 am / May 2 - 30

BEGINNERS: Wednesdays at 2:00 pm / May 2 - 30

MICROSOFT: Thursdays at 10:00 am / May 3 - 31

TECH HELP: a walk-in service for help with tech devices / Wednesdays, May 9 & 23, 1-2:00 pm



MUSIC SALON *Wednesday, May 9 @ 1:30 pm*

Terri Conti is a talented, local musician who will regale you with her amazing accordion. She has played in competitions, festivals and more recently on the streets of Provincetown. Free. RSVP by 5/7.

WOMEN'S RADICAL AGING GROUP *Tuesdays, May 15 - June 5 / 9:30 - 11:30 am*

We are the outcome of our life experiences. We all age differently and the older we become the more diverse we are. This interactive discussion group with Mary DeRocco is designed to energize and guide us. Topics include Our Story; Our Body; Our Voice; Our Community. Free. Registration and commitment to attend all sessions required. RSVP by 5/3.

NUTRITION DETECTIVE *Wednesday, May 16 ~ 10:00 - 11:30 am*

It's never too late to become a "nutrition detective." Presented by the VNA, this session will help you navigate the complexity of understanding food labels and will focus on portion control, sugar and salt limits and making healthy choices. Sample great food, too! Free. RSVP by 5/14.

FALL PREVENTION & BETTER BALANCE *Monday, May 21 @ 11:30 am*

VNA Physical Therapist Donna Hardy will talk about balance and how it works, fall risk factors, prevention and statistics. Participants will have the chance to see how they balance under different conditions. Free. No RSVP.

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

BREAKFAST BUS *Thursday, May 3 @ 9:00 am*

Hangar B Eatery at Chatham airport then a stop at Truro COA for art exhibit. Bus donation: \$5. RSVP by 5/1.

WOODS HOLE OCEANOGRAPHIC INSTITUTION *Thursday, May 10 @ 9:00 am*

A free presentation and tour of the Ocean Science Exhibit Center to learn about the Institution's research. Lunch at Landfall Restaurant. Bus donation: \$5. RSVP by 5/7.

OUT & ABOUT - ORLEANS *Monday, May 14 @ 9:30 am*

Destinations by request. Lunch at Nauset Farms. Bus donation: \$5. RSVP by 5/10.

PROVINCETOWN & PROVINCELANDS *Tuesday, May 15 @ 9:30 am*

Coffee hour at East End Marketplace then a drive through the Provincelands. Bus donation: \$1. RSVP by 5/14.

OUT TO LUNCH - THE DOLPHIN RESTAURANT *Thursday, May 17 @ 10:30 am*

Fine dining and a stroll in Barnstable village. Bus donation: \$5. RSVP by 5/15.

TOUR OF TRURO *Tuesday, May 22 @ 9:30 am*

Coffee hour at Savory and a visit to Truro beaches. Bus donation: \$2. RSVP by 5/21.

CAPE ABILITIES FARM & STORE *Thursday, May 24 @ 9:30 am*

Visit the greenhouses in Dennis for plants and flowers and shop for native produce as well as products from over 25 Cape Cod makers—sauces, soaps, candles, etc. Lunch at Scargo Café. Bus donation: \$5. RSVP by 5/22.



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***NEW RMV LICENSING REQUIREMENTS***

On March 26th, 2018 new requirements went into effect in order to get or renew any driver's license, ID card, or learner's permit. You now need documentation showing U.S. citizenship or lawful presence as required by federal and state law. In October 2020, you'll need a passport or REAL ID to fly in the U.S. or enter federal buildings.

*Until then you can obtain a Standard Massachusetts Driver's License/ID card.

Document Checklist to obtain Standard ID:

Step 1: Locate your Social Security Number: SSN Card, W-2 Form, 1099 Form, Paystub with name and Social Security Number
 Step 2: Choose **one** lawful presence/date of birth document: U.S. Passport, U.S. birth certificate, Certificate of Citizenship, Certificate of Naturalization, Permanent Resident Card
 Step 3: Choose a MA residency document: MA RMV issued mail, State/Federal/Municipal/City/Town issued documents, utility bill, credit card statement or medical statement dated within 60 days, lease/mortgage dated within 60 days, financial documents dated within 60 days, or school-issued documents for the year

*All documents must be originals

Renewal applicants must visit a RMV Service Center or a AAA Office (if member).

For more information visit: www.mass.gov/ID

With appreciation to...

...the AARP tax assistance volunteers who make what can be a stressful task much easier.

...Steve Kennedy, Ruthie Rogers and Kathi Smith for another wonderful season of art classes.

**COMING IN JUNE!**

We are pleased to host the **AARP Driver Safety Program** on Monday, June 11 from 10:00 a.m. to 3:00 pm.

This Smart Drivers course will focus on current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's challenging driving environment. You'll learn how to minimize the effects of blind spots, how to maintain proper following distance, how to change lanes safely, the effects of medications on driving and much more. There will be no tests! The purpose is to provide info on proven strategies to keep drivers safe.

The program itself lasts for four hours with a break for lunch (provided). Cost is \$15 for AARP members and \$20 for non-members. Scholarships are available. Registration is required so call soon to save your spot.

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

MAY 2018

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SENIOR CENTER HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</p>	<p>Yoga 9:00 1 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>Strength 2 Training 10:15 Blood Pressure 11-1 iPad* 11:00 Lunch* Noon Knitting 1:00 Travelogue 1:15 COA Board 1:30 Beg Computer* 2:00</p>	<p>Yoga 9:00 3 Breakfast Bus*9:00 Microsoft* 10:00 Chair Yoga 10:30 Grace Notes 4:00 Art Show 4-6:00 Veterans Agent*</p>	<p>Foods to 4 Encourage 9-11 Writing Connection10:00</p>
<p>Hyannis* 8:30 7 Stretch & Strength 10:15 Scrabble 1:00</p>	<p>Yoga 9:00 8 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>Strength 9 Training 10:15 iPad* 11:00 Lunch* Noon Knitting 1:00 Legal Aid* 1:00 Tech Help 1-2:00 Music Salon 1:30 Beg Computer* 2:00</p>	<p>Yoga 9:00 10 O&A* 9:00 Microsoft* 10:00 Chair Yoga 10:30 Grace Notes 4:00 Podiatrist* Veterans Agent*</p>	<p>Writing 11 Connection10:00</p>
<p>O&A* 9:30 14 Stretch & Strength 10:15 Scrabble 1:00 SHINE*</p>	<p>Yoga 9:00 15 Women's Grp* 9:30 O&A* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>Nutrition* 10:00 16 Strength Training 10:15 iPad* 11:00 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:15 Beg Computer* 2:00</p>	<p>Yoga 9:00 17 Microsoft* 10:00 Out to Lunch* 10:30 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*</p>	<p>Foods to 18 Encourage 9-11 Writing Connection10:00</p>
<p>Hyannis* 8:30 21 Stretch & Strength 10:15 Balance 11:30 Scrabble 1:00 SHINE*</p>	<p>Yoga 9:00 22 Women's Group*9:30 Out & About* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>Strength 23 Training 10:15 iPad* 11:00 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Classic Movie 1:15 Beg Computer* 2:00</p>	<p>Yoga 9:00 24 O&A* 9:30 Microsoft* 10:00 Chair Yoga 10:30 Grace Notes 4:00 Podiatrist* Veterans Agent*</p>	<p>Writing 25 Connection10:00</p>
<p>CENTER CLOSED 28 for MEMORIAL DAY </p>	<p>Yoga 9:00 29 Women's Group*9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>Strength 30 Training 10:15 iPad* 11:00 Lunch* Noon Knitting 1:00 Beg Computer* 2:00</p>	<p>Yoga 9:00 31 Health Fair 9-Noon Microsoft* 10:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*</p>	<p>APPOINTMENTS <u>HEARING</u> 508-255-1285 <u>MEALS WHEELS</u> 508-349-2658 <u>VETERANS AGT</u> 508-487-7099</p>



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRT STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

N X R I Z Z B L R C R P R R F
P O T O T O L E H E Q I P E L
I H I P S E W Z G I T Y M W O
L E C T B E V B L O D S Y O W
U M L E A I A M P D N S A L E
T H U J O N Q U I L N I D F R
M L Z L H N R J M A O Q A N N
B X E C C J Y A P O I Y N U Y
A T D I H C R O C L I L Y S I
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P K L Z N A Y S V V I U B L I
B T W D D I D Q S Q M I Y O S
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X X A O A B K A T O D J J B O
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ASTER
CARNATION
JONQUIL
ORCHID
SUNFLOWER
BEGONIA
FLOWER
LILY
PANSY
TULIP
BLUEBELL
IRIS
MUM
ROSE
VIOLET

