

# PROVINCETOWN COASTLINES

## PROVINCETOWN SENIOR CENTER

2 Mayflower Street  
Provincetown, MA 02657

### JUNE 2018

CHRIS HOTTLE, MSW - DIRECTOR  
ANDREA LAVENETS - OUTREACH COORDINATOR  
SHANNON COREA - 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](http://www.provincetown-ma.gov)

*Follow us on Facebook!*

## Welcome to Coastlines!

We're pleased to announce that Shannon Corea has joined us as our new Administrative Assistant. Shannon brings extensive experience and a warm smile to the position and we are happy to have her on the team. If you haven't met her yet, please stop by and say hello.

This month, we highlight our Out & About programs. Offered year-round, it's a chance to engage in a variety of social and cultural activities Cape-wide while relaxing and letting Donna do the driving. Don't sit around this summer, get Out & About with us! Enjoy this beautiful season. ~ Chris



### BREAKFAST BUS - CHATHAM FILLING STATION *Thursday, June 7 @ 9:00 am*

Acclaimed "best breakfast" in Chatham with vintage memorabilia from the era of roadside diners [cash only]. Bus donation: \$5. RSVP by 6/5.

### OUT & ABOUT- ORLEANS HISTORICAL SOCIETY *Monday, June 11 @ 9:30 am*

Visit the museum and/or go shopping. Lunch at The Yardarm. Bus donation: \$5. RSVP by 6/7.

### COFFEE HOUR - PROVINCETOWN *Tuesday, June 12 @ 9:30 am*

Enjoy pastry/beverage from the Portuguese Bakery, relax at Lopes Square or walk the pier. Bus donation: \$1. RSVP by 6/11.

### HERITAGE MUSEUM & GARDENS *Thursday, June 14 @ 9:30 am*

Take a leisurely self-guided tour of spectacular garden displays and exhibits in Sandwich. Discounted admission: \$15. Lunch at Dunbar House Restaurant & Tea Room. Bus donation: Free! RSVP by 6/15.

### COFFEE HOUR - WELLFLEET *Tuesday, June 19 @ 9:30 am*

Enjoy pastry/beverage at PB Boulangerie followed by drive along Ocean View. Bus donation: \$3. RSVP by 6/18.

### OUT TO LUNCH - ROYAL II RESTAURANT & GRILL *Thursday, June 21 @ 10:30 am*

Mediterranean, Italian, Pizza or American cuisine in Yarmouthport. Bus donation: \$5. RSVP by 6/19.

### CAPE COD MARITIME MUSEUM *Monday, June 25 @ 9:30 am*

Visit this Hyannis museum dedicated to maritime culture and preserving the seafaring traditions of Cape Cod. Lunch at Spanky's Clam Shack. Museum: \$5 [seniors]. Bus donation: Free! RSVP by 6/15.

### CAPE COD LAVENDER FARM *Thursday, June 28 @ 9:30 am*

Explore the enchanted fields of lavender at this Harwich farm and gift shop. Lunch at Brax Landing. Bus donation: \$5. RSVP by 6/26.

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



### TRAVELOGUE

#### “TAHITI”

*Wednesday, June 6*

*1:15 pm*

A dvd presentation with host Larry Moody.

## JOIN US AT THE MOVIES

*TUESDAYS @ 1:00 pm ~ Free!*

### June 5: “Professor Marston and the Wonder Women”

Based on the true story of psychologist W. Marston and his relationship with his wife and their mistress who inspired the creation of Wonder Woman.

Luke Evans, Rebecca Hall

Biography, Drama / 2017 / 1hr 48 min / R

### June 12: “Gifted”

Frank, a single man raising his niece, a child prodigy, is drawn into a custody battle with his mother.

Chris Evans, McKenna Grace

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

### June 19: “Call Me By Your Name”

In 1980 Italy, a romance blossoms between a seventeen year-old student and an older man hired as his father’s research assistant.

Armie Hammer, Timothee Chalamet

Drama, Romance / 2017 / 2hr 12 min / R



### June 26: “Downsizing”

A man chooses to shrink himself to five inches tall in order to live in wealth and splendor.

Matt Damon, Christoph Waltz, Kristen Wiig

Comedy, Drama, Sci-fi / 2017 / 2 hr 15 min / R

## CLASSIC MOVIE OF THE MONTH

### “To Kill A Mockingbird”

*Wednesday, June 27 @ 1:15 pm*

The classic film adaptation of Harper Lee’s  
Pulitzer Prize winning novel  
starring Gregory Peck as Atticus Finch.  
Drama / 1963 / 2 hr 9 min / Not Rated

### 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  
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

*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”: LUNCH @ COA  
BREAKFAST BUS / OUT TO LUNCH*

### TAKE A RIDE

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

### GET SUPPORT & ASSISTANCE

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

**JOIN US FOR OUR JUNE PROGRAMS AT THE CENTER...****HOUSING REHABILITATION PROGRAM *Tuesday, June 5 / 1:00 - 2:00 pm***

Community Development Partnership will discuss funds for eligible residents for critical home repairs (roofing, siding, electric, heat, plumbing, structural repairs, lead paint abatement, energy efficiency upgrades). Funding is limited; first come, first served basis. No RSVP required. Info: [www.capecdp.org](http://www.capecdp.org) / call Jean at 508-240-7873.

**AARP DRIVER SAFETY PROGRAM *Monday, June 11 / 10:00 am - 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. 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 information on proven strategies to keep drivers safe. The program lasts for four hours with a break for lunch (provided). Cost is \$15 for AARP members and \$20 for non-members. (Scholarships are available - call Chris for info.) RSVP by 6/8.

**MUSIC SALON: JIM BROSSÉAU & SPENCER KEASEY *Wednesday, June 13 @ 1:30 pm***

Enjoy "American Favorites" with pianist Jim Brosseau, vocals by Spencer Keasey. Jim is an award-winning magazine editor and writer and a self-taught musician. A Provincetown resident, he has played at many venues locally and in New York. Spencer has appeared in several theatrical works, at local clubs and in many musicals, including two produced by Jim. Join us for an afternoon of music! Free.

**BRIDGE LESSONS *Mondays beginning June 18 / 1:00 - 4:00 pm***

Instructed by Buck Harris, this 6-week class is for beginners or those who need a refresher. Learn the basics of standard American bridge, including bidding, play of the hand, defense and etiquette. Buck will distribute handouts for study and by the end of the course, you can join our weekly bridge group if you like. Fee: \$40 for 6 classes. (Scholarships available - call Chris for info.) RSVP by 6/15.

**SHOP SMART AT THE DOCTOR MART *Thursday, June 21 @ 1:00 pm***

This VNA presentation explores ways to make the most of physician's visits. Knowing how to prepare for your time with the doctor will help you meet your goals. Learn about: making question lists; medication updates; how to be assertive when speaking with your doctor. Make the most of your visits! Free. RSVP by 6/20.

**TAKE CONTROL OF YOUR LIFE *Tuesday, June 26 @ 1:30 pm***

Sponsored by the Massachusetts Bar Association and co-hosted by the Provincetown and Truro COA's, an elder law attorney will provide information on: health care proxies, wills, powers of attorney, Medicaid/Medicare, alternatives to nursing facilities, guardianship. Find out the latest with plenty of time for questions. This talk will be held at the Truro COA - rides available. Presentation and rides are free. RSVP by 6/25.

**FOURTH OF JULY LUNCH *Wednesday, June 27 @ noon***

Celebrate Independence Day with a special Fourth of July lunch with us, including a sing-along with patriotic songs. (If you can't make it this week, no worries. Our Lunch Bunch shares a meal every Wednesday at noon. Call by the Friday before to reserve your seat.) Donation: \$3. Rides available: \$1 donation. RSVP by 6/22.

**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**

With spring came the return of Farmer’s Markets offering a variety of fresh, local foods. I would like to remind those receiving Food Stamp benefits that the following Farmer’s Markets accept them for fresh vegetables and produce.

Provincetown:

Commercial St. & Ryder St.— Next to Town Hall  
Saturday’s from 9AM—3PM

Truro:

20 Center Rd.— Across from Post Office  
Monday’s 8AM—Noon

Wellfleet: NEW LOCATION!

The Congo Church 200 Main St.  
Wednesday’s 8AM—Noon

Orleans:

21 Old Colony Way—Next to Chocolate Sparrow  
Saturdays 8AM—Noon

The Senior Center Food Pantry is open during business hours to all ages.

Foods to Encourage will be at the Senior Center on June 1st and 15th from 9-11. Drop in for a sample recipe as well as a bag of fresh fruit/produce.

Also free and open to all ages.

If you are in need of assistance obtaining food please be sure to call and schedule an appointment.

*With appreciation to...*

...all who made the annual Creative Arts Show such a special event.

We are so fortunate to have such talented instructors and the work of the students was exceptional.

...Thomas Kosman, Esq., elder law attorney with South Coastal Counties Legal Services, Inc., for providing free legal services at the Senior Center for 36 years. Attorney Kosman recently retired and we wish him well. Attorney Katie Wibby will join us in June and continue monthly services.



**COASTLINES**

A reminder that you can receive this newsletter by regular mail, by e-mail or by reading it online or downloading it from the town website at [www.provincetown-ma.gov](http://www.provincetown-ma.gov).

If you would like to continue to get it by mail, do nothing (but please call us if you change your address!). If you would like to receive it via e-mail, call Shannon and she will put you on the list. If you’d like to read it online, please help us save funds and call Shannon to ask to be taken off of the mailing list. We hope you enjoy *Coastlines*, any way you choose!

**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

# JUNE 2018

**Bold**=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u><b>SENIOR CENTER HOURS</b></u>  <b>MON-THURS</b>  <b>8 AM - 5 PM</b>  <b>FRIDAY</b>  <b>8 AM - NOON</b></p>		<p><b>APPOINTMENTS</b>  <u><b>HEARING</b></u>  <b>508-255-1285</b>  <u><b>MEALS WHEELS</b></u>  <b>508-349-2658</b>  <u><b>VETERANS AGT</b></u>  <b>508-487-7099</b></p>	<p>Foods to Encourage 9-11 <b>1</b>            Writing Connection10:00</p>
Hyannis* 8:30 <b>4</b> Stretch & Strength 10:15 Scrabble 1:00	Yoga 9:00 <b>5</b> Women's Group*9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 <b>Housing Rehab 1-2</b> Veterans Agent*	Strength <b>6</b> Training 10:15 Blood Pressure Clinic 11:00-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15	Yoga 9:00 <b>7</b> <b>Breakfast Bus*9:00</b> Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*	Writing <b>8</b> Connection10:00
<b>O&amp;A* 9:30 11</b> <b>Driving* 10-3:00</b> Stretch & Strength 10:15 Scrabble 1:00 SHINE*	Yoga 9:00 <b>12</b> <b>O&amp;A* 9:30</b> Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Strength <b>13</b> Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Legal Aid* 1:00 <b>Music Salon 1:30</b>	Yoga 9:00 <b>14</b> <b>Heritage* 9:30</b> Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*	Foods to Encourage 9-11 <b>15</b> Writing Connection10:00
Hyannis* 8:30 <b>18</b> Stretch & Strength 10:15 Scrabble 1:00 <b>Bridge* 1:00</b> SHINE*	Yoga 9:00 <b>19</b> <b>Out &amp; About* 9:30</b> Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Strength <b>20</b> Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:15	Yoga 9:00 <b>21</b> Chair Yoga 10:30 <b>Out to Lunch* 10:30</b> <b>Shop Smart 1:00</b> Grace Notes 4:00 Veterans Agent* Podiatrist*	Writing <b>22</b> Connection10:00
<b>Maritime* 9:30 25</b> Stretch & Strength 10:15 Scrabble 1:00 Bridge* 1:00 SHINE*	Yoga 9:00 <b>26</b> Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 <b>Take Control* 1:30</b> at Truro COA– call for a ride Veterans Agent*	Strength <b>27</b> Training 10:15 4th of July Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Classic Movie 1:15	Yoga 9:00 <b>28</b> <b>Lavender* 9:30</b> Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*	Writing <b>29</b> Connection10:00 



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRT STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## WORD SEARCH

P P A S V Z I Q T M F I Q E I  
A O B H T N I K C R E L P N D  
C E R Z N F J C C V S J U U D  
L M V T G L O C K J T F U Y E  
A S O O U A S F P P I N O N O  
B J R K U G E T J E V S L Q E  
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SUMMER  
FUN  
FLAG  
DAY  
PORTUGUESE  
FESTIVAL  
FATHERS  
SOLSTICE  
OUTDOORS  
SUN  
PLAY  
STARS  
WARM  
ENJOY  
JUNE

