

# PROVINCETOWN COASTLINES

## PROVINCETOWN SENIOR CENTER

2 Mayflower Street  
Provincetown, MA 02657

**JULY 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!*

*It is with great pleasure that we announce the*

## 2018 PROVINCETOWN SENIOR OF THE YEAR



### HILDE OLESON

Hilde is a local writer who “washed ashore” in Provincetown in 2004; as we so often hear, she came for a visit and never left! After an early career in social work, she and her husband moved to New Hampshire where they raised their family and Hilde worked as a special education teacher. Following his death after 56 years of marriage, she travelled for a year before settling in town.

Although Hilde had never written before, she enrolled in a memoir writing class with Rosalyn Pace and studied poetry with Keith Althaus. To her delight and surprise, at the age of 83, she won a poetry contest and the rest, as they say, is history. She has since published four books, the first of which, “Love in the Nursing Home,” was about the years she spent caring for her husband prior to his death.

Hilde’s passion for writing is not just personal. From the beginning, she has been committed to creating free or affordable opportunities for seniors to write. She has offered a free weekly writing workshop at the Senior Center for many years, as well as other classes in town, and was a co-founder of the Writers’ Cafe. Hilde believes sharing our stories can be life changing and wants to continue to create venues for people to discover the magic of writing.

One of the criteria for Senior of the Year is to be someone who “exemplifies the spirit of positive aging.” Hilde certainly does. Plans are being made for a luncheon in her honor in the fall. Watch for more details in a future *Coastlines*. Congratulations, Hilde!

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



**TRAVELOGUE**

**“NEW GUINEA ~ SEPIK RIVER”**

*Wednesday, July 11 @ 1:15 pm*

A dvd presentation with host Larry Moodry

All are welcome. No RSVP necessary.

**JOIN US AT THE MOVIES**

***TUESDAYS @ 1:00 pm ~ Free!***

**July 3 “The Shape of Water”**

A lonely janitor working at a research facility forms an unusual relationship with a sea creature.

Sally Hawkins, Octavia Spencer

Fantasy / 2017 / 2hr 3min / R

**June 10: “Darkest Hour”**

In 1940 Winston Churchill must choose whether to negotiate with or fight Adolf Hitler.

Gary Oldman, Lily James

Drama / 2017 / 2hr 5 min / PG-13

**June 17: “Molly’s Game”**

Based on the life of Molly Bloom who ran the world’s most exclusive high-stakes poker game.

Jessica Chastain, Khalid Klein

Drama / 2017 / 2hr 20min / R

**June 24: “Phantom Thread”**

A 1950’s London dressmaker’s life is forever changed by a strong willed woman who becomes his muse.

Vicky Krieps, Daniel Day-Lewis

Drama / 2017 / 2 hr 10min / R

**July 31: “The Post”**

Based on the true story of attempts by journalists at The Washington Post to publish the Pentagon Papers. Meryl Streep, Tom Hanks

Drama / 2017 / 1hr 56min / (PG-13)



**CLASSIC MOVIE OF THE MONTH**

**“Breakfast at Tiffany’s”**

*Wednesday July 25 @ 1:15 pm*

Truman Capote’s novel comes to life on screen.

Audrey Hepburn, George Peppard

Comedy, Drama, Romance / 1961 / 1 hr 55 min / NR

**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*

*GRACE NOTES / UKULELES with Mary Abt*

*STORY SWAP with Dan Sanders*

*TRAVELOGUE with Larry Moodry*

*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 PROGRAMS AT THE CENTER...

### CCRTA TRAVEL TRAINING     *Wednesday, July 11 / 1:15 pm - 2:15 pm*

The Cape Cod Regional Transit Authority offers travel training to individuals who would like to learn how to safely and independently use the Cape Cod public transportation system. The CCRTA Travel Training program includes information on the CCRTA fixed route, ADA, Dial-A-Ride Transportation, Boston Hospital Transportation, Accessible Transportation and summer services. You will learn how to use the CCRTA accessible public transportation system to meet your Cape Cod transportation needs.

Free. RSVP by 7/9.

### SUMMER POLICE COOKOUT     *Thursday, July 19 @ Noon*

The tradition lives on! Our Provincetown Police Department will host a summer cookout especially for seniors. Officers and Police Department staff will cook, serve and join you for lunch while you relax and enjoy a great meal. As always, our appreciation goes out to the Police Department for treating us to this special event. Free lunch. Rides available: \$1 donation. RSVP by 7/13.



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

### CHATHAM SHARK CENTER     *Monday, July 9 @ 10:00 am*

Exhibits, videos, and displays to learn about the research of the Atlantic White Shark Conservancy. Lunch at Mom & Pop's Burgers. Admission Fee: \$5. Bus: Free! RSVP by 7/5.

### TOWN HALL BENCHES     *Tuesday, July 10 @ 10:00 am*

Drive downtown, grab a beverage/snack and enjoy watching the crowds go by. Bus donation: \$1. RSVP by 7/9.

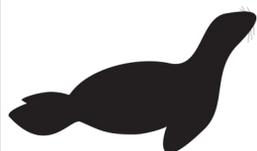
### BREAKFAST BUS- GRUMPY'S     *Thursday, July 12 @ 8:30 am.*

A local favorite for hearty, home-style meals in East Dennis. Bus donation: \$5. RSVP by 7/10.

### PILGRIM'S FIRST LANDING PARK     *Tuesday, July 17 @ 9:30 am*

We'll grab coffee/snack to go and relax at the park enjoying the views. Bus donation: \$1. RSVP by 7/16.

### MONOMOY ISLAND EXCURSIONS SEAL CRUISE     *Monday, July 23 @ 10:00 am*



A 1 1/2 hour seal cruise from Harwich Port aboard a high-speed catamaran to see seals, hundreds of species of birds and other wildlife. A trained naturalist narrates the tour providing a history of the island and the historic Monomoy Lighthouse. Stop for ice cream on the way home. Cruise: \$36. Bus: Free! Call for more details and RSVP by 7/16.

### LOPES SQUARE     *Tuesday, July 24 @ 10:00 am*

Hang out at the square with coffee and a snack from your favorite shop. Bus donation: \$1. RSVP by 7/16.

### OUT TO LUNCH – MOBY DICK'S     *Thursday, July 26 @ 11:00 am*

A summer favorite in Wellfleet! Bus donation: \$3. RSVP by 7/24.

### TRURO FARMERS' MARKET     *Monday July 30 @ 9:30 am*

Support your local farmers! Veterans' Memorial Park (Cash or SNAP/EBT). Lunch at Captain's Choice. Bus donation: \$2. RSVP by 7/27.

**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*

Durable Medical Equipment Fraud

Durable Medical Equipment (DME) that Medicare covers includes but is not limited to: blood sugar monitors, canes, commodes, crutches, hospital beds, wheelchairs, walkers, nebulizers and oxygen machines, etc.

DME companies offer a valuable service providing medically necessary equipment that your doctor prescribes for use in your home. However, many fraudulent DME companies have appeared all across the country.

Ways to protect yourself:

\*Do not let anyone except your physician’s office handle your Medicare card. If anyone other than your physician’s office requests that you provide your Medicare information, do not do so.

\*Never accept “free” medical equipment or services in exchange for your Medicare number.

\*Review your Explanation of Benefits paperwork for items that appear that you did not order or receive and report any discrepancies immediately. If you and your doctor have not had the discussion as to what equipment you would benefit from, feel free to end the telephone call if the person on the other end is claiming this.

Here at the Senior Center we have a “Med Shed” and you can borrow equipment such as crutches, walkers, wheelchairs, commodes, and shower chairs. You can use them for as long as you'd like and we just ask that you return them when they are no longer needed so that the next person can benefit from them.

*With appreciation to...*



...Dr. Alice Bonner, Secretary of the Massachusetts Executive Office of Elder Affairs, for visiting our Senior Center in May. It was an honor to host the Secretary and we are appreciative of the State’s support and advocacy for older adults.

...Jay Critchley for donating a beautiful rocking chair that belonged to Grace Gouveia. Grace was instrumental in establishing the COA and also taught 5th grade when the current Senior Center was the school. Thank you, Jay, for your kind generosity.

**CHILL OUT!**

Summertime and the livin’ is easy!

As we enjoy the summer days, a reminder that it’s always cool at the Senior Center! Come in and relax in our Lounge where you can read books and magazines, do jigsaw puzzles, color, play games, knit with our Knitting Circle, enjoy a cup of coffee and just hang out.

If you haven’t been here before, stop by the office and we’d be happy to give you a tour.

The Center is your “place to connect” and we look forward to seeing you!

**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

# JULY 2018

**Bold**=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Hyannis* 8:30 Stretch &amp; Strength 10:15 Scrabble 1:00 Bridge* 1:00 SHINE*</p>	<p>3</p> <p>Yoga 9:00 Movie 1:00 Bridge 1:00 Stop &amp; Shop* 1:00 Veterans Agent*</p>	<p>4</p> <p><u>CENTER CLOSED</u></p> 	<p>5</p> <p>Yoga 9:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*</p>	<p>6</p> <p>Writing Connection 10:00</p>
<p>9</p> <p><b>Out &amp; About* 10:00</b> Stretch &amp; Strength 10:15 Scrabble 1:00 Bridge* 1:00</p>	<p>10</p> <p>Yoga 9:00 <b>Out &amp; About* 10:00</b> Movie 1:00 Bridge 1:00 Stop &amp; Shop* 1:00 Veterans Agent*</p>	<p>11</p> <p>Strength Training 10:15 Blood Pressure Clinic 11:00-1:00 Lunch* Noon Knitting 1:00 Legal Aid* 1:00 Travelogue 1:15 <b>Travel Training 1:15</b></p>	<p>12</p> <p>Yoga 9:00 <b>Breakfast Bus* 8:30</b> Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>13</p> <p>Writing Connection 10:00</p>
<p>16</p> <p>Hyannis* 8:30 Stretch &amp; Strength 10:15 Scrabble 1:00 Bridge* 1:00</p>	<p>17</p> <p>Yoga 9:00 <b>Out &amp; About* 9:30</b> Movie 1:00 Bridge 1:00 Stop &amp; Shop* 1:00 Veterans Agent*</p>	<p>18</p> <p>Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Hearing* 1:00 Story Swap 1:15</p>	<p>19</p> <p>Yoga 9:00 Chair Yoga 10:30 <b>Cookout* Noon</b> Grace Notes 4:00 Veterans Agent*</p>	<p>20</p> <p>Writing Connection 10:00</p>
<p>23</p> <p><b>Out &amp; About* 10:00</b> Stretch &amp; Strength 10:15 Scrabble 1:00 Bridge* 1:00 SHINE*</p>	<p>24</p> <p>Yoga 9:00 <b>Out &amp; About* 9:30</b> Movie 1:00 Bridge 1:00 Stop &amp; Shop* 1:00 Veterans Agent*</p>	<p>25</p> <p>Strength Training 10:15 Lunch* Noon Knitting 1:00 Classic Movie 1:15</p>	<p>26</p> <p>Yoga 9:00 Chair Yoga 10:30 <b>Out to Lunch* 11:00</b> Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>27</p> <p>Writing Connection 10:00</p>
<p>30</p> <p><b>Out &amp; About* 9:30</b> Stretch &amp; Strength 10:15 Scrabble 1:00 SHINE*</p>	<p>31</p> <p>Yoga 9:00 Movie 1:00 Bridge 1:00 Stop &amp; Shop* 1:00 Veterans Agent*</p>	<p><u>SENIOR CENTER HOURS</u></p> <p><b>MON-THURS 8 AM - 5 PM</b> <b>FRIDAY 8 AM - NOON</b></p>		<p><b>APPOINTMENTS</b> <u>HEARING</u> 508-255-1285</p> <p><u>MEALS ON WHEELS</u> 508-349-2658</p> <p><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



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