

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER

2 Mayflower Street
Provincetown, MA 02657

SEPTEMBER 2018

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The Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

September is National Senior Center Month and this year's theme is "Senior Centers: Building Momentum."

At the Provincetown Senior Center, we have been building momentum since moving into the VMCC five years ago. The larger space, increased visibility and an enhanced commitment to "getting the word out" about all that we offer have contributed to a significant growth in both participation and numbers of programs and services offered at the Center.

This is a team effort and staff extends our appreciation to the COA Board, Friends organization, instructors and volunteers for all you do to make the Center so special. Thanks, too, to all of you who act as "unofficial ambassadors" in the community, letting others know about the Center and all that is going on here.

We also want to help you maintain momentum and keep moving for a healthier, happier life! The Center is your place to connect, whether it's to participate in one of our many programs, obtain support services or relax in the lounge. If you're not familiar with the Center, please drop by and we'll give you a tour.

According to the National Council on Aging, "Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging and create important community resources for aging expertise." We are excited about the future and hope that you are, too. Please share your ideas about new programs or needed services so we can work together to keep moving forward.

This month, join us as we celebrate National Senior Center Month with a special event. Please see the enclosed insert for more information.

Enjoy the last days of summer and a lovely fall!

~Chris



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



TRAVELOGUE
“GREAT BARRIER REEF”
Wednesday, September 5
@ 1:15 pm

A dvd presentation with host Larry Moody.
 All are welcome. No RSVP necessary.

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm ~ Free!

September 4: “Love, Simon”

A coming-of-age and coming out story.
 Nick Robinson, Jennifer Garner, Josh Duhamel
 Drama / 2018 / 1hr 50min / (PG-13)

September 11: “Roman J. Israel, Esq.”

A defense attorney faces a professional crisis.
 Denzel Washington, Colin Farrell
 Drama / 2017 / 2hr 2min / (PG-13)



September 18: “Apollo 13”

The 1995 film based on the true story of the aborted
 1970 Apollo 13 lunar mission.
 Tom Hanks, Bill Paxton, Kevin Bacon
 Drama / 1995 / 2hr 20min / (PG)

➡ On Wednesday, September 19 at 1:15 p.m.,
 our Story Swap leader Dan Sanders will speak about
 his role as a member of the special task force
 responsible for the safe return of the Apollo 13 crew.

September 25: “A Wrinkle in Time”

Madeline L’Engle’s classic book comes to life in film.
 Oprah Winfrey, Reese Witherspoon, Mindy Kaling
 Fantasy / 2018 / 1hr 49min / (PG)

CLASSIC MOVIE OF THE MONTH

“To Sir with Love”

Wednesday, September 26 @ 1:15 pm

An outstanding performance by Sidney Poitier
 is at the center of this story of a teacher in
 London’s East End.

Drama / 1967 / 1hr 45min / Not Rated

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

BRAIN GAMES in the Media Center
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
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 & NUTRITION PROGRAMS
LEGAL ASSISTANCE
MEDICAL EQUIPMENT
SHINE
STORM REASSURANCE
SUPPORT GROUPS

JOIN US FOR PROGRAMS AT THE CENTER...

HOUSING REHABILITATION PROGRAM *Tuesday, September 4 / 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 and more). Funding is limited; first come, first served basis. No RSVP required, come in to meet with Jean Stanley or call her at 508-240-7873.

RMV-SOUTH YARMOUTH *Third Mondays beginning September 17*

Trips to the MA Registry of Motor Vehicles in South Yarmouth will be offered the third Monday of each month in coordination with our regularly scheduled Hyannis trip. The bus will drop you off there first thing in the morning and the driver will make arrangements to pick you up. RSVP by Thursday prior to trip.

STORY SWAP: APOLLO MISSION *Wednesday, September 19 @ 1:15 pm*

At this special Story Swap, Dan Sanders will relate his experiences as a physicist on the special task force responsible for the safe return of the Apollo 13 crew, with plenty of time for questions and answers. The film, *Apollo 13*, will be shown the day before as our weekly movie so come to either event or both! Free. No RSVP.

MINDFULNESS MEDITATION *Thursdays, 1:30 - 3:30 pm beginning September 20*

We are pleased to welcome back Jennifer Shannon to lead this 6-week session. Studies show that meditation reduces stress, increases compassion and enhances well being. Learn techniques to decrease worry, practice gratitude, distinguish your true nature from your conditioning and learn to stay curious. Free, open to all levels, no experience necessary. Registration required and participants are asked to attend all sessions. RSVP by 9/18.

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

BREAKFAST BUS: SAILING COW *Thursday, September 6 @ 9:00 am*

Beachside dining in Dennis Port... "utterly delicious food." Bus: \$5. RSVP by 9/4.



ART'S DUNE TOUR *Monday, September 10 @ 10:00 am*

A 1-hour tour of the Peaked Hill Bars Historic District Sand Dunes in the Provincetown Cape Cod National Seashore. Lunch after at Mayflower Café. Tour: \$20 (driver tip not included). Bus: Free! RSVP by 9/4.

CAPE COD MUSEUM OF NATURAL HISTORY *Thursday, September 13 @ 9:30 am*

Visit this museum and nature center in Brewster to explore exhibits, nature trails and wildflower garden. Lunch at Cobie's Clam Shack. Museum Fee: \$10 (Seniors). Bus: Free! RSVP by 9/11.

COFFEE HOUR: TRURO *Tuesday, September 18 @ 9:30 am*

Coffee / pastry from Savory and a tour of local beaches. Bus: \$2. RSVP by 9/17.

OUT TO LUNCH: ARNOLD'S LOBSTER & CLAM BAR *Thursday, September 20 @ 10:30 am*

Lunch at this Eastham landmark (cash only) followed by Mini Golf, 18 challenging holes in a beautifully landscaped setting. Mini Golf : \$8/person. Bus: Free! RSVP by 9/18.

LOCAL THRIFT *Tuesday, September 25 @ 9:30 am*

Shop at Ruthie's Boutique & the Methodist Church Thrift Store in town. Bus Donation: \$1. RSVP by 9/24.

GREEN BRIAR NATURE CENTER & JAM KITCHEN *Thursday, September 27 @ 9:30 am*

This unique spot in E. Sandwich boasts beautiful gardens, nature trails and exhibits as well as a jam making kitchen. Lunch at Seafood Sam's. Nature Center donation: \$5. Bus Free! RSVP by 9/25.

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 Open Enrollment

The Medicare Open Enrollment Period for Medicare Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it — October 15 - December 7, 2018. Each year insurance companies can make changes to Medicare plans that can impact how much you pay out-of-pocket for monthly premiums, deductibles, drug costs, and pharmacy networks. They can also make changes to your plan’s formulary (list of covered drugs). Given these yearly changes, it is a good idea to re-evaluate your current Medicare plan each year to make sure it still meets your needs. Any changes made during this time will go into effect on January 1.

Your current plan is required to notify you by September 30th of any changes for the coming year. Be sure to keep and review this letter called the Annual Notice of Coverage. Our SHINE counselor can assist you with questions and changes. Appointments fill up quickly so don’t put it off. Call us to schedule a free, confidential appointment at 508-487-7080.

As a reminder, Medicare is mailing new Medicare cards, which started in April 2018. This process can take up to one year to complete. When you receive your new card make sure to destroy the previous card. Guard your card and only give your new Medicare number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.

With appreciation to...



...the Provincetown Police Department for hosting the 5th annual cookout for seniors. Over 60 people enjoyed a great lunch and the opportunity to share a meal and get to know our Police officers and staff. We are already looking forward to the winter lunch in February!

...the Friends of the Provincetown COA for their fundraising efforts that support our programs. They invite you to come by the Firehouse for their annual bake sale on Saturday, September 1, 10:00 am - 3:00 pm, for delicious homemade goodies.

COASTLINES

A reminder that you can receive this newsletter by regular mail, by e-mail or by reading it online on the town website at www.provincetown-ma.gov or on our Facebook Page: Provincetown COA.

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 be taken off the 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

SEPTEMBER 2018

Bold=New Program

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| <p><u>CENTER CLOSED</u></p>  | <p>Yoga 9:00 4 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Housing Rehab 1:00 - 2:00 Veterans Agent*</p> | <p>Strength Training 5 10:15 BP Clinic 11:00-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15</p> | <p>Yoga 9:00 6 Breakfast Bus*9:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*</p> | <p>Writing Connection 7 10:00</p> |
| <p>Out & About* 10 10 Stretch & Strength 10:15 Scrabble 1:00</p> | <p>Yoga 9:00 11 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p> | <p>Strength Training 12 10:15 Lunch* Noon Knitting 1:00 Legal Aid* 1:00</p> | <p>Yoga 9:00 13 Out & About* 9:30 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*</p> | <p>Writing Connection 14 10:00</p> |
| <p>Hyannis / RMV* 17 8:30 Stretch & Strength 10:15 Scrabble 1:00 SHINE*</p> | <p>Yoga 9:00 18 Out & About*9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p> | <p>Strength Training 19 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap: Apollo 1:15</p> | <p>Yoga 9:00 20 Out to Lunch* 10:30 Chair Yoga 10:30 Meditation* 1:30 Grace Notes 4:00 Veterans Agent*</p> | <p>Writing Connection 21 10:00</p> |
| <p>Out & About* 24 9:30 Stretch & Strength 10:15 Scrabble 1:00 Senior Center Month Celebration 2:00 SHINE*</p> | <p>Yoga 9:00 25 Out & About*9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p> | <p>Strength Training 26 10:15 Lunch* Noon Knitting 1:00 Classic Movie 1:15</p> | <p>Yoga 9:00 27 Out & About* 9:30 Chair Yoga 10:30 Meditation* 1:30 Grace Notes 4:00 Veterans Agent* Podiatrist*</p> | <p>Writing Connection 28 10:00</p> |

SENIOR CENTER HOURS
MON-THURS 8 AM - 5 PM
FRIDAY 8 AM - NOON

APPOINTMENTS HEARING
508-255-1285
MEALS ON 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 C T C R S M O E Q U I N O X
D N J I E Y M I X F H V M Z Q
R X S N B T P M N T C U Q S M
Q P I N M J F P N D T T M I R
T O E E E R U O A N F A L L O
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A R O P S M P B V U Y S A N Z
Y K E I J R N F B O G C P U H
X P V J H S Z P T W V G J R Y

SEPTEMBER
HAPPY
FALL
AUTUMN
EQUINOX
LABOR
DAY
SENIOR
CENTER
MONTH
MOMENTUM
NEW
MINDFUL
RMV
GOLF