

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER

2 Mayflower Street
Provincetown, MA 02657

OCTOBER 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

Follow us on Facebook!

Welcome to Coastlines!

Happy autumn! We hope you are enjoying this beautiful season and will plan to spend some time with us at the Senior Center. There is plenty to do! In fact, we have so many new or returning programs that they didn't all fit in the usual spot on Page 3. See the insert for information about all that's going on in October.



Please also see the invitation below for the luncheon honoring our 2018 Senior of the Year, Hilde Oleson. It's always such a special event and we hope you can join us. ~Chris

CONGRATULATIONS

2018 SENIOR OF THE YEAR LUNCHEON

HONORING HILDE OLESON

Thursday, November 1 at Noon

Seashore Point Dining Room

*Rides available on the Senior Center bus
(parking is limited so be sure to sign up for a ride!)*

RSVP required by October 25:

508-487-7080

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



TRAVELOGUE

“NEW ZEALAND - SOUTH ISLAND”

Wednesday, October 3

@ 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!

October 2: “A Quiet Place”

Creatures terrorize a family forcing them to live in silence. John Krasinski, Emily Blunt
Horror, Drama / 2018 / 1h 30 min / (PG-13)

October 9: “Chappaquiddick”

Drama depicting the events following the tragic car crash involving Ted Kennedy and Mary Jo Kopechne.
Jason Clarke, Kate Mara
Drama / 2017 / 1hr 47 min / (PG-13)

October 16: “Disobedience”

Reunited childhood friends explore faith and sexual attraction. Rachel Weisz, Rachel McAdams
Romance, Drama / 2017 / 1hr 54 min / (R)

October 23: “The Florida Project”

Children growing up in motels near Disney World find mischief and adventure.

Brooklynn Prince, Bria Vinaite
Drama / 2017 / 1hr 55 min / (R)



October 30: “Overboard”

A wealthy playboy loses his memory after a fall. A mistreated employee exploits his lack of memory.
Anna Faris, Eugenio Derbez
Comedy, Romance / 2018 / 1hr 52 min / (PG-13)

CLASSIC MOVIE OF THE MONTH

“What Ever Happened to Baby Jane”

Wednesday, October 24 @ 1:15 pm

A former child star torments her paraplegic sister in their decaying Hollywood mansion.

Bette Davis, Joan Crawford

Drama, Thriller / 1962 / 2 hr 14 min / 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 Moodry
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...

Be sure to see the insert for all of our new October programs!

**HAPPY HALLOWEEN!** *Wednesday, October 31 @ Noon*

Celebrate Halloween at our weekly lunch. Appropriate costumes encouraged! Lunch donation: \$3. Bus donation \$1. RSVP by 10/26.

...OR GET "OUT & ABOUT" ON THE SENIOR CENTER BUS!**COFFEE HOUR: FAR LAND PROVISIONS** *Tuesday, October 2 @ 9:00 am*

Coffee / pastry and a visit to Beech Forest. Bus donation: \$1. RSVP by 10/1.

**BREAKFAST BUS: RUGGIE'S** *Thursday, October 4 @ 8:30 am*

Traditional and unique breakfast items, like international casseroles, in Harwich center. Bus donation: \$5. RSVP by 10/3.

CAPE COD MUSEUM OF ART *Thursday, October 11 @ 10:00 am*

 Surrounded by a sculpture garden at the Cape Cod Center for the Arts in Dennis, Cape Cod Museum of Art has seven galleries and a museum shop. We'll enjoy a docent-led tour. Lunch at The Marshside. Museum fee: \$7 (Seniors). Bus: Free! RSVP by 10/9.

COFFEE HOUR: TRURO *Tuesday, October 16 @ 9:30 am*

Coffee / pastry at Savory and a tour of local beaches. Bus donation: \$2. RSVP by 10/15.

OUT TO LUNCH: BOOKSTORE & RESTAURANT *Thursday, October 18 @ 10:30 am*

Enjoy the waterfront views at this popular Wellfleet restaurant. Bus donation: \$3. RSVP by 10/17.

THRIFT STORE TRAIL *Monday, October 22 @ 9:30 am*

From Orleans to Yarmouth, shop at a few Mid-Cape thrift stores. Lunch along the way. Bus donation: \$5. RSVP by 10/19.

COFFEE HOUR: WELLFLEET *Tuesday, October 23 @ 9:00 am*

Coffee / pastry at The Flying Fish and a scenic drive. Bus donation \$3. RSVP by 10/22.

CROSBY MANSION *Thursday, October 25 @ 9:30 am*

A guided tour of this three-story mansion and art gallery in Brewster - a monument to romance. Lunch at Laurino's Tavern. Mansion donation: \$5. Bus: Free!. RSVP by 10/22

HART FARM IN DENNISPORT *Monday, October 29 @ 9:30 am*

Pumpkins, plants, cranberries and more! Lunch at Clancy's. Bus donation: \$5. RSVP by 10/26.



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

Fuel Assistance applications are in!

The Fuel Assistance Program provides low income households with help paying home heating bills during the heating season (November –April). Eligibility is determined by the gross income of all family members, as well as family size. If you have applied in previous years and need help filling out your recertification or are new to applying, please call the Senior Center to schedule an appointment. Both myself and Janet Beattie are able to assist with applications. I am also able to visit those who are homebound and wanting to apply. Call us at 508-487-7080 for more information.

If you are eligible for Fuel Assistance, you may also be eligible for the following Energy Programs through the Housing Assistance Corporation:

Weatherization Program: provides insulation and minor energy efficiency related repairs to eligible households to reduce home heating costs.

Burner Repair & Replacement: assists eligible households with heating system repairs and replacement services. Your eligibility for HEARTWAP will be determined by your Fuel Assistant eligibility. You must own your own home.

Appliance Management Program: provides eligible households with an electric use energy audit to determine where savings can be generated. Energy efficient light bulbs and other measures are provided at no cost to discount rate eligible households.

Call HAC for more information @ 508-771-5400.

With appreciation to...

...the Provincetown Recreation Department ~ we love sharing the Community Center with Director Brandon Motta, Assistant Director Angel Lammie and their staff. Our annual August Pizza, Popsicles & Magic party with the summer rec program children was so much fun and we had the largest group ever, serving over 80 people! We look forward to future collaborations.



NEW LISTENING DEVICES

We are happy to announce that we have new assistive listening devices at the Center. With these individual cordless systems, people with hearing challenges can use headsets or earbuds to listen to a performance, speaker or movie at a volume they can personally set. The equipment is easy to use and will enhance programming experiences. We also have devices for one-on-one conversations with staff or service providers. For more information, call Program Coordinator Rick Shaw or ask us the next time you're at the Center.

This purchase was made possible by the Friends of the Provincetown COA through a discount program offered by MCOA so many thanks to both!

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

OCTOBER 2018

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 1 Stretch & Strength 10:15 Scrabble 1:00	Yoga 9:00 2 Out & About* 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Strength Training 3 10:15 BP Clinic 11:00-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15	Yoga 9:00 4 Breakfast Bus*8:30 Chair Yoga 10:30 Meditation* 1:30 Grace Notes 4:00 Veterans Agent*	Writing 5 Connection 10:00
8 <u>CENTER</u> <u>CLOSED</u> Columbus Day	Yoga 9:00 9 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Strength Training 10 10:15 Lunch* Noon Knitting 1:00 Legal Aid* 1:00 Tech Help 1-2:00 Fire Prevention 1:15	Yoga 9:00 11 Out & About* 10:00 Chair Yoga 10:30 Meditation* 1:30 Grace Notes 4:00 Veterans Agent* Podiatrist*	Writing 12 Connection 10:00
Hyannis/RMV*15 8:30 Family Stories 10:00 Stretch & Strength 10:15 Scrabble 1:00 SHINE*	Yoga 9:00 16 Out & About*9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Buried in Treasures* 1:30 Veterans Agent*	Strength Training 17 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap: 1:15	Yoga 9:00 18 Out to Lunch* 10:30 Chair Yoga 10:30 Meditation* 1:30 Grace Notes 4:00 Veterans Agent* SHINE*	Writing 19 Connection 10:00
Out & About* 22 9:30 Family Stories 10:00 Stretch & Strength 10:15 Canal Film 1:00 Scrabble 1:00 SHINE*	Out & About* 23 9:00 Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*	Strength Training 24 10:15 Lunch* Noon Knitting 1:00 Classic Movie 1:15 Tech Help 1-2:00	Yoga 9:00 25 Out & About* 9:30 Chair Yoga 10:30 Meditation* 1:30 Grace Notes 4:00 Veterans Agent* Podiatrist*	Writing 26 Connection 10:00
Out & About* 29 9:30 Family Stories 10:00 Stretch & Strength 10:15 Scrabble 1:00 SHINE*	Yoga 9:00 30 SHINE Presentation* 10:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*	Strength Training 31 10:15 Halloween Lunch* Noon Knitting 1:00 Funeral Planning* 1:15	<u>APPOINTMENTS</u> <u>HEARING</u> 508-255-1285 <u>MEALS ON</u> <u>WHEELS</u> 508-349-2658 <u>VETERANS AGT</u> 508-487-7099	<u>SENIOR</u> <u>CENTER</u> <u>HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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

OCTOBER
AUTUMN
COLORFUL
CRISP
LEAVES
FALL
RAKE
HARVEST
MOON
PUMPKIN
GOURDS
HALLOWEEN
BOO
TRICK
TREAT

