

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER

2 Mayflower Street
Provincetown, MA 02657

DECEMBER 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!

*Seasons
greetings*

*Wishing you a beautiful
holiday season!*

*Chris, Andrea, Shannon, Donna,
Rick, Nancy and Carla*

DAVID ASHER HOLIDAY DINNER

SUNDAY, DECEMBER 9 at Noon

Provincetown Senior Center

*Each year, an amazing group of community volunteers through
the Lower Cape Ambulance Association comes together
to host a delicious holiday meal with all the trimmings and live music,
especially for seniors.*

*Please join us for this very special free event,
one of the most treasured traditions of the season.*

*Rides are provided free of charge
(and encouraged! - parking is limited).*

If you are homebound, we can also deliver a meal.

Call now to reserve your space!

Reservations are required by December 6: 508-487-7080

ONGOING PROGRAMS: CALL 508-487-7080 FOR INFO OR TO SIGN UP**TRAVELOGUE****“JOURNEY TO THE TIP
OF CAPE COD”****Wednesday, December 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!****December 4: “RBG”**

A documentary exploring the life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg.

Documentary / 2018 / 1hr 38 min / (PG)

December 11: “Three Identical Strangers”

Identical triplets, separated at birth, meet each other and discover the secret of why they were separated.

Documentary / 2018 / 1hr 36 min / (PG-13)

December 18: “Mamma Mia! Here We Go**Again”**

Five years after her mother’s death, Sophie prepares for the grand reopening of the Hotel Bella Donna.

Lily James, Amanda Seyfried, Meryl Streep, Cher

Musical / 2018 / 1hr 54 min / (PG-13)

CLASSIC MOVIE OF THE MONTH**“A Star is Born”****Wednesday, December 26 @ 1:15 pm**

An alcoholic film star, whose career is failing, helps a young singer and actress find fame.

Judy Garland, James Mason, Jack Carson

Musical / 1954 / 2hr 54 min / Not Rated

MOVIE WITH REC DEPARTMENT**“Happy Feet”****Thursday, December 27 @ 1:15 pm**

Join Mumble the Penguin on his musical journey to find his place in the colony. The Senior Center invites the children from the Recreation Department to enjoy a movie and popcorn together.

Comedy / 2006 / 1hr 48 min / PG

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***CRAFTS with RuthE Rogers**DRAWING with Kathi Smith**GRACE NOTES UKULELES with Mary Abt**PAINTING with Steve Kennedy**STORY SWAP with Dan Sanders**TECH HELP/COMPUTER CLASSES with Ed Terrill**TRAVELOGUE with Larry Moody**WEAVING with Janet Beattie**WRITING CLASSES with Hilde Oleson***RELAX / SOCIALIZE / PLAY A GAME***BRIDGE / CHECKERS / CHESS / SCRABBLE**KNITTING CIRCLE**LOUNGE: Read, do puzzles, enjoy coffee and more!**RADIO SHOW on WOMR / EVENTS on PTV**MOVIES***BE WELL***VNA CLINIC: ASK-A-NURSE / BLOOD PRESSURE**HEARING EVALUATIONS**PODIATRIST**WELLNESS & RESOURCE PRESENTATIONS***ENJOY A MEAL***“LUNCH BUNCH”: LUNCH @ SENIOR CENTER**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**MOBILE LIBRARY / SHINE**STORM REASSURANCE*

JOIN US FOR PROGRAMS AT THE CENTER...

HOLIDAY STORIES *Mondays, December 3 - 17 @ 10:00 am*



Many of us have memories of holidays that we've never written down either for our families or to keep for ourselves. Hilde Oleson will help you write these stories so that they can be remembered as part of your family history. Participants will create a booklet to give as a holiday gift or to keep for themselves. Free. RSVP by 11/30.

COMPUTER CLASS: IPAD *Mondays, December 3 - 17 / 10:00-11:00 am*

Focuses on the iPad as an Internet tool, creative artist canvas, writing and video tool. Free. No RSVP required.

HOUSING REHABILITATION PROGRAM *Tuesday, December 4 / 1:00 pm - 2:00 pm*

Community Development Partnership will discuss funds for eligible residents for critical home repairs (roofing, siding, electric, plumbing, heat, 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, ext. 14.

COMPUTER CLASS: INTERNET / EMAIL *Thursdays, December 6-20 / 10:00-11:00 am*

Learn to use the Internet safely and effectively, to browse the Web and take full advantage of all the Internet has to offer. Free. No RSVP required.

MEMORY SCREENINGS *Wednesday, December 12*

The Alzheimer's Family Support Center will offer 30-minute memory screenings. These screenings are not diagnostic, but may indicate the need to see a doctor for further testing. Free, confidential, and open to all. Appointments required. RSVP by 12/10.

"YOUNG @ HEART" *Wednesday, December 12 @ 1:15 pm*

Documentary film about Northampton, MA's senior chorus, average age 81. The group has toured throughout the world and is known for performing a wide range of musical genres. Free. No RSVP required.

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

BREAKFAST BUS: RED COTTAGE RESTAURANT *Thursday, December 6 @ 8:30 am*

Creative breakfast dishes in the Historic District of South Dennis. Bus donation: \$5. RSVP by 12/5.

COFFE HOUR: FAR LAND PROVISIONS *Tuesday, December 11 @ 9:30 am*

Coffee/pastry in town and a drive through the Provincelands. Bus donation: \$1. RSVP by 12/10.

GLASS & CRAFTS *Thursday, December 13 @ 10:00 am*

A visit to Sydenstricker Glass Gallery with a tour of the workshop, then browse the HandCraft House, an art and fine gift gallery in Brewster. Lunch at Stone L'Oven. Bus donation: \$5. RSVP by 12/12.

COFFEE HOUR: SAVORY *Tuesday, December 18 @ 9:30 am*

Coffee/Pastry in North Truro. Bus donation: \$2. RSVP by 12/17.



LUNCH & LACE *Thursday, December 20 @ 10:30 am*

Lunch at The Brewster Fish House, followed by a stop at the Patmos Art Center in Orleans to view *The Surpassing Art of Lace Making* exhibit. Bus donation: \$5. RSVP by 12/19.

CHATHAM ORPHEUM THEATER *Thursday, December 27 @ 10:00 am*

Choice of two first-run movies in this beautifully restored theater. Lunch in Chatham before the movie. Call the Senior Center for movie selections 1-2 weeks ahead. Movie: Free! Bus: \$5. RSVP by 12/21.

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

As we approach winter weather I urge you to be prepared ahead of time by reminding you of programs that are available to residents.

COA Storm Reassurance—The Senior Center maintains a list of seniors who may require extra support in preparing for instances of severe weather, such as snowstorms. Participants will be contacted ahead of a predicted storm to determine if they have adequate supplies and medication on hand. If you feel you could benefit from this program please call me at 508-487-7080 to sign up.

Town Of Provincetown Emergency Alerts—The Town of Provincetown has a notification system that alerts citizens through a recorded phone message, e-mail or text in the event of an emergency such as a power outage, a boil water order, severe weather or if the Town shelter opens. To register, go to the Town website at www.provincetown-ma.gov and click on “Emergency Alerts” on the left hand side. The system requires an e-mail address to register. If you do not have an e-mail address or need other assistance please call me at 508-487-7080 to sign up.

Provincetown Special Assistance Form—In the event of an emergency evacuation or sheltering situation, residents of any age requiring special assistance can sign up so that arrangements can be made in advance. To register, go to the Town website at www.provincetown-ma.gov and click on “Departments/Council on Aging/Special Assistance Form”. Your information will go on file with the Provincetown Emergency Management team so that they can provide support during an emergency. If you have any questions, contact the Emergency Management Director/Police Chief at 508-487-1212 or the Emergency Manager, Morgan Clark, at 508-487-7000, extension 529.

With appreciation to...

...all who made the Senior of the Year luncheon, honoring Hilde Oleson, and the Boston Post Cane ceremony, acknowledging Joe Andrews, so memorable. Special thanks to State Senator Julian Cyr, State Representative Sarah Peake, Select Board members Louise Venden, Tom Donegan, Dr. Cheryl Andrews, Bobby Anthony and Lise King, and Town Manager David Panagore as well as Seashore Point. Congratulations, Hilde and Joe!

**WHAT'S NEW?**

- ⇒ **SCHEDULE CHANGE:** Starting Monday, December 3, South Coastal Counties Legal Services will offer free 15-minute appointments with an Elder Law Attorney every other month. Call the Senior Center for an appointment.
- ⇒ **RETIRING A FLAG:** Veterans Agent Shawney Carroll has placed a box in the VMCC lobby for retired flags. Please bring in your used flags and she will see that they are disposed of properly.

CALL NOW FOR SHINE!

The Open Enrollment Period for Medicare *ends December 7, 2018*. You must make changes to your Medicare (Part C) and Prescription Drug (Part D) plans by this date. Call now to schedule a free, confidential appointment with a SHINE counselor.

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

DECEMBER 2018

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 3 Beg/Int Draw *9:30 Holiday Stories*10 iPad 10:00 Stretch & Strength 10:15 WOMR Show 12:30 Scrabble 1:00 Legal Assistance SHINE*	Yoga 9:00 4 Alt. Therapies 9:30 Painting* 9:30 Housing Rehab 1:00-2:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*	Adv. Drawing* 9:30 5 Strength Training 10:15 BP Clinic 11:00-1:00 Lunch* Noon Knitting 1:00 Crafts* 1:00 Travelogue 1:15 COA Board Meeting 1:30	Breakfast Bus* 6 8:30 Yoga 9:00 Internet/Email 10:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent* SHINE*	Weaving* 9:30 7 Writing Connection 10:00
Beg/Int Drawing* 10 9:30 Holiday Stories*10 iPad 10:00 Stretch & Strength 10:15 Scrabble 1:00	Yoga 9:00 11 Out & About* 9:30 Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*	Adv. Drawing* 9:30 12 Memory Screening* 9:30 Strength Training 10:15 Lunch* Noon Knitting 1:00 Crafts* 1:00 Tech Help 1-2:00 Movie 1:15	Yoga 9:00 13 Out & About* 10:00 Internet/Email 10:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*	Weaving* 9:30 14 Writing Connection 10:00 Foods to Encourage 9:00
Hyannis/RMV* 17 Beg/Int Drawing* 9:30 Holiday Stories*10:00 iPad 10:00 Stretch & Strength 10:15 Scrabble 1:00 SHINE*	Yoga 9:00 18 Out & About*9:30 Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Treasures* 1:30 Veterans Agent*	Strength Training 19 10:15 Lunch* Noon Knitting 1:00 Crafts* 1:00 Hearing* 1:00 Story Swap 1:15	Yoga 9:00 20 Out & About* 10:30 Internet/Email 10:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*	Weaving* 9:30 21 Writing Connection 10:00
Stop & Shop 24 *9:30 Stretch & Strength 10:15	<u>CENTER</u> 25 <u>CLOSED</u> 	Strength Training 26 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Classic Movie 1:15	Yoga 9:00 27 Chair Yoga 10:30 Out & About*10:00 Movie w/ Rec 1:15 Grace Notes 4:00 Veterans Agent* Podiatrist*	Writing 28 Connection 10:00 Foods to Encourage 9:00
Stop & Shop 31 *9:30 Stretch & Strength 10:15	<u>SENIOR</u> <u>CENTER</u> <u>HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON	Wednesday Lunches Require an RSVP no later than the Friday before: 508-487-7080	<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	



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

H R G L A T C M S P V J X V A
G O E I B O I Z O E W K O I D
S R L T F H S G L M I Q X Y N
T T C I N T R C S I S D P C M
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HAPPY
HOLIDAYS
MONUMENT
LIGHTS
NEW
YEAR'S
EVE
HOT
CHOCOLATE
SOLSTICE
PEACE
JOY
FESTIVE
GIFTS
WINTER

