

# PROVINCETOWN COASTLINES

## PROVINCETOWN SENIOR CENTER

2 Mayflower Street  
Provincetown, MA 02657

### JANUARY 2019

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RICK SHAW - *PROGRAM COORDINATOR*  
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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!*

The new year is a time of possibilities and the COA Board and staff are looking forward to all that lies ahead for the Senior Center in the coming year. We will continue to offer new programs and services as well as enhance the facility, all to meet the interests and needs of a growing older adult population. Special thanks to the Friends of the COA (and all who have donated!), without whose financial support we could not offer all that we do.

In 2019, we are especially excited about a new initiative that is happening at both the regional and local levels. "Age-Friendly Cape Cod" is an effort led by Barnstable County's Healthy Aging-Cape Cod project to seek designation by AARP as an Age-Friendly County. According to AARP, an Age-Friendly Community "encourages communities to adapt and prepare for an aging population and, in the process, improve life for residents of every age."

The first step is a survey of Cape residents to determine needs and establish priorities, especially for older adults and caregivers. Please see the message below for information on the survey. Contact Andrea or myself if you have any questions or need assistance completing it. ~ *Chris*



Barnstable County's Healthy Aging-Cape Cod project wants to hear from you! In conjunction with Cape Cod COA/Senior Centers, we are conducting a Cape-wide community survey to hear more about people's plans as they age. Are you planning to stay on the Cape as you grow older? Are you a caregiver for a family member or helping a relative or neighbor as they age? Are you receiving services from others that are allowing you to stay in your home as you age?

Please take 15 minutes to complete this important survey, either online using the link below or through a paper survey available at the Senior Center. Thank you for your feedback!

<https://www.surveymonkey.com/r/Aging-CapeCod-Regional>

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



**TRAVELOGUE**

**“JOURNEY TO THE TIP OF CAPE COD”**

*Wednesday, January 2 @ 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!***

**January 8: “Whitney”**

A documentary exploring the life and music of Whitney Houston. With archival footage and exclusive recordings.

Documentary / 2018 / 2hr / (R)

**January 15: “Borg vs. McEnroe”**

In the summer of 1980, top tennis player Bjorn Borg challenges his rival John McEnroe for a record breaking Wimbledon Championship win.

Sverrir Gudnason, Shia LaBeouf, Stellan Skarsgard  
Drama / 2018 / 1hr 47 min / (R)

**January 22: “Crazy Rich Asians”**

Based on a bestseller, New Yorker Rachel Chu travels to Singapore where she contends with jealous socialites and her boyfriend’s disapproving mother.

Constance Wu, Henry Golding, Michelle Yeoh  
Comedy, romance / 2018 / 2hr (PG-13)

**January 29: “Always at the Carlyle”**

Celebrity patrons of the iconic Carlyle Hotel reveal the untold stories of this New York landmark.

Documentary / 2018 / 1hr 32 min / (PG-13)

**CLASSIC MOVIE OF THE MONTH**

**“Gilda”**

*Wednesday, January 23 @ 1:15 pm*

A suspense-film noir featuring Rita Hayworth’s most famous performance.

Rita Hayworth, Glenn Ford, George Macready  
Romance / 1946 / 1hr 50 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**

*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  
WOMEN’S RADICAL AGING GROUP  
with Mary DeRocco  
WRITING CLASSES with Hilde Oleson*

**RELAX / SOCIALIZE / PLAY A GAME**

*BRIDGE / CHECKERS / CHESS / SCRABBLE  
KNITTING CIRCLE / WINTER COFFEE HOUR  
LOUNGE: Read, do puzzles, enjoy coffee and more!  
RADIO SHOW on WOMR / EVENTS on PTV  
MOVIES (weekly, classic and more!)*

**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...

### WINTER COFFEE HOUR *Tuesdays, beginning January 8 / 9:30-11:30 am*

Join us for a hot drink and friendly conversation. Rides available, call by 4:00 pm the day before.

### WOMEN'S RADICAL AGING GROUP *Wednesday, January 9 @ 9:00 - 11:30 am*

A 4-week interactive discussion group,

*Wednesdays, January 16-30 @ 9:30 - 11:30 am*

led by Mary DeRocco, designed to energize us as we explore our aging experience through our story, our body, our voice, our community. Free. RSVP by 1/7.

### "ANTARCTICA - A YEAR ON ICE" *Thursday, January 17 @ 1:00 pm*

This breathtaking documentary shows what it's like to live for a year in the coldest place on earth, Antarctica. Filmed over ten years, it chronicles life on two research bases. Think it's cold here?! Imagine living where there is 24 hours of sun for four months of the year and 24 hours of darkness for four months. Free.

### NATIONAL PEANUT BUTTER DAY *Thursday, January 24 / 1:00 - 2:00 pm*

Independence House hosts a celebration of National Peanut Butter Day with an afternoon of conversation and treats. Alternative refreshments provided for those with peanut allergies. Free. Rides provided. RSVP by 1/18.

### WHAT'S NEW AT THE LIBRARY? *Thursday, January 24 @ 2:00 pm*

Did you know you can order books on your phone or computer or even watch movies for free? Amy Raff, Director of the Provincetown Library, will talk about these library services, resources and much more. Free.

### LEGAL SERVICES

See Page 4 for information about free legal consultations.



**[BE SURE TO SEE THE ENCLOSED INSERT FOR MORE PROGRAMS!](#)**

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

### BREAKFAST BUS: GRUMPY'S *Thursday, January 3 @ 8:30 am*

Start the new year at one of our favorite restaurants in Dennis. Bus donation: \$5. RSVP by 1/2.



### TEN PIN EATERY AND BOWLING *Thursday, January 10 @ 10:00 am*

Ten Pin Eatery at the Cape Cod Mall offers 11 bowling lanes (big ball) with sofas and table seating along with casual food. Bowling: \$30/hr. (6 people) plus shoe rental. Bus donation: Free. RSVP by 1/8.

### OUT & ABOUT: ORLEANS *Monday, January 14 @ 9:00 am*

Any destination by request, then lunch at Bangkok Cuisine Thai Restaurant. Bus donation: \$5. RSVP by 1/10.

### OUT TO LUNCH: IRIS'S CAFE *Thursday, January 17 @ 10:30 am*

Lunch with neighbors and friends at the Wellfleet Senior Center. Lunch: \$7.50. Bus donation: \$3. RSVP by 1/14.

### PATRIOT SQUARE MALL / ENTERTAINMENT CINEMA *Monday, January 28 @ 10:30 am*

Choice of 10 first-run movies, shop the mall and/or enjoy lunch. Bus donation: \$5. RSVP by 1/24.

### ICE SKATING IN ORLEANS *Thursday, January 31 @ 10:00 am*

Enjoy open skating for all ages and abilities at Charles Moore Arena. Snack bar available or lunch in town. Skating: \$5.00. Skate rental: \$2.00. Bus: Free! RSVP by 1/29.

**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**

Heading into the new year comes with certain traditions, including setting personal goals or resolutions. Choose one or multiple goals that focus on bettering your overall health, both physically and mentally, making it your best year yet!

**\*Make New Friends:** Ring in the new year with a bit of happiness by pledging to make new friends this year. When individuals have a support system of peers and friends their cognitive and physical health benefit. If you already have a healthy support system, make sure you interact with them regularly.

**\*Try a New Hobby:** New learning has been linked to increased cognitive health. Make 2019 the year that you finally try out that new hobby you have been thinking about. It can be fun and is a great way to meet new people.

**\*Move Daily:** Focus your goal for the new year on a realistic resolution to move daily. Based on your current ability and condition, you are giving your body the gift of health and movement by simply trying to move a little bit more than the day before.

**\*Ask for Help:** Consider making a resolution that reminds you that it is okay to ask for help. You may find that you feel more connected, less stressed out, and even healthier when you ask for help more often. Asking for help can also give you more free time doing the things you really love.

You will find all of these opportunities at the Senior Center. We are your place to connect.

*With appreciation to...*

...all who made the David Asher Holiday Dinner so special. It is such a treasured annual tradition. Many thanks to the Lower Cape Ambulance Association, Steve Roderick, Paul Asher-Best, the crew of volunteers led by Robin Reid, Tim McNulty and all the local chefs and kitchen crew and the Lower Cape Concert Band. ...the Provincetown Lions Club for the beautiful flowers, which brought many smiles on the first cold days of the year.



**WHAT'S NEW?**

**LEGAL SERVICES**

- On Friday, January 11, WE CAN will be offering free legal consultations to women of all ages in the areas of Tenant/Landlord issues and Family Law at the VMCC three times/year. Consults are 30 minutes and will provide information and guidance on specific legal issues. It is not representation. Appointments required: call WE CAN at 508-430-8111.
- South Coastal Counties Legal Services will continue to provide free legal consultations with an Elder Law attorney to residents 60+ years of age every other month. *The next date will be February 5.* Appointments required: call the Senior Center at 508-487-7080.

**COUNCIL ON AGING BOARD**

David Ketchum (Chair)  
 Penny Sutter (Vice-Chair)  
 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

# JANUARY 2019

**Bold**=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>SENIOR CENTER HOURS</u></b>  <b>MON-THURS</b>  <b>8 AM - 5 PM</b>  <b>FRIDAY</b>  <b>8 AM - NOON</b></p>	<p><b><u>CENTER</u></b> 1  <b><u>CLOSED</u></b>  </p>	<p>Strength Training 2  10:15  BP Clinic 11:00-1:00  Lunch* Noon  Knitting 1:00  Travelogue 1:15</p>	<p><b>Breakfast Bus*</b> 3  <b>8:30</b>  Yoga 9:00  Chair Yoga 10:30  Grace Notes 4:00  Veterans Agent*</p>	<p><b>Weaving* 9:30</b> 4  Writing  Connection 10:00</p>
<p>Hyannis* 7  <b>Beg/Int Draw*</b>  <b>9:30</b>  Stretch &amp; Strength  10:15  WOMR Show 12:30  Scrabble 1:00  COA Board  Meeting 1:30</p>	<p>Yoga 9:00 8  <b>Painting* 9:30</b>  Movie 1:00  Bridge 1:00  Stop &amp; Shop* 1:00  Treasures* 1:30  Veterans Agent*</p>	<p><b>WRAG* 9:00</b> 9  <b>Adv. Drawing* 9:30</b>  Strength Training  10:15  Lunch* Noon  Knitting 1:00  Tech Help 1-2:00  <b>Music Salon 1:15</b></p>	<p>Yoga 9:00 10  <b>Out &amp; About*</b>  <b>10:00</b>  Chair Yoga 10:30  Grace Notes 4:00  Veterans Agent*  Podiatrist*</p>	<p>Weaving* 9:30 11  Writing  Connection 10:00  Foods to Encourage  9:00-11:00</p>
<p><b>Out &amp; About*</b> 14  <b>9:00</b>  Beg/Int Drawing*  9:30  Stretch &amp; Strength  10:15  Scrabble 1:00  SHINE*</p>	<p>Yoga 9:00 15  Painting* 9:30  Movie 1:00  Bridge 1:00  Stop &amp; Shop* 1:00  Treasures* 1:30  Veterans Agent*</p>	<p>WRAG* 9:30 16  Adv. Drawing* 9:30  Strength Training  10:15  Lunch* Noon  Knitting 1:00  Hearing* 1:00  Story Swap 1:15</p>	<p>Yoga 9:00 17  <b>Out &amp; About*</b>  <b>10:30</b>  Chair Yoga 10:30  <b>Antarctica 1:00</b>  Grace Notes 4:00  Veterans Agent*</p>	<p>Weaving* 9:30 18  Writing  Connection 10:00</p>
<p><b><u>CENTER</u></b> 21  <b><u>CLOSED</u></b>  <b>Martin Luther King Day</b></p>	<p>Yoga 9:00 22  Painting* 9:30  Movie 1:00  Bridge 1:00  Stop &amp; Shop* 1:00  Treasures* 1:30  Veterans Agent*</p>	<p>WRAG* 9:30 23  Adv. Drawing* 9:30  Strength Training  10:15  Lunch* Noon  Knitting 1:00  Tech Help 1-2:00  <b>Classic Movie 1:15</b></p>	<p>Yoga 9:00 24  Chair Yoga 10:30  <b>Peanut Butter Party* 1:00</b>  <b>Library Talk 2:00</b>  Grace Notes 4:00  Veterans Agent*  Podiatrist*</p>	<p>Weaving* 9:30 25  Writing  Connection 10:00  Foods to Encourage  9:00-11:00</p>
<p>Beg/Int Drawing* 28  9:30  <b>Out &amp; About*</b>  <b>10:00</b>  Stretch &amp; Strength  10:15  Scrabble 1:00  SHINE*</p>	<p>Yoga 9:00 29  Painting* 9:30  Movie 1:00  Bridge 1:00  Stop &amp; Shop* 1:00  Treasures* 1:30  Veterans Agent*</p>	<p>WRAG* 9:00 30  Adv. Drawing* 9:30  Strength Training  10:15  Lunch* Noon  Knitting 1:00  <b>Play Reading* 1:15</b></p>	<p>Yoga 9:00 31  <b>Out &amp; About*</b>  <b>10:00</b>  Chair Yoga 10:30  Grace Notes 4:00  Veterans Agent*</p>	<p><b><u>APPOINTMENTS</u></b>  <b><u>HEARING</u></b>  <b>508-255-1285</b>  <b><u>MEALS ON WHEELS</u></b>  <b>508-349-2658</b>  <b><u>VETERANS AGT</u></b>  <b>508-487-7099</b></p>



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRST STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## OUR WISH FOR YOU

*Unscramble each of the clue words. Copy the letters in the numbered cells to cells in the bottom message with the same number.*

WONS \_ \_ \_ \_  
6 8

TYRPA \_ \_ \_ \_ \_  
3 5

STOTA \_ \_ \_ \_ \_  
11

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4

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1 2 3 4 5 6 7 8 9 10 11 12