

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

JULY 2019

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The Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

Enjoy these beautiful summer days. Be sure to stop by the Senior Center to take advantage of our ongoing programs or, if you've never visited, for a tour. We hope to see you at the 6th annual Police Cookout!

PROVINCETOWN POLICE

SUMMER COOKOUT

FOR SENIORS!



THURSDAY, JULY 18 @ 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.

Reservations required by 7/12: 508-487-7080

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



TRAVELOGUE
“CRUISE THE AMAZON”

Wednesday, July 3 @ 1:15 pm

A dvd presentation with host Larry Moodry.

JOIN US AT THE MOVIES

WEEKLY

Tuesdays @ 1:00 pm ~ Free!

July 2: “Mary Poppins Returns”

Mary Poppins returns to help the Banks’ and their children.

Fantasy / 2018 / 2 hr 10 min / (PG)

July 9: “Fighting With My Family”

Based on the true story of a professional wrestling family.

Drama / 2019 / 1 hr 48 min / (PG-13)

July 16: “Stan & Ollie”

Based on Oliver & Hardy’s farewell tour.

Biography / 2018 / 1 hr 37 min / (PG)

July 23: “Unbroken: Path of Redemption”

Based on Louis Zamperini’s true story of searching for redemption.

Drama / 2018 / 1 hr 38 min / (PG-13)



July 30: “Searching”

A desperate father uses his daughter’s laptop to search for clues to her disappearance.

Mystery / 2018 / 1 hr 42 min / (PG-13)

CLASSIC

Wednesday, July 24 @ 1:15 pm

“Lifeboat”

An Alfred Hitchcock drama.

Tallulah Bankhead, John Hodiak

Drama / 1944 / 1 hr 37 min / NR

DOCUMENTARY

Wednesday, July 31 @ 1:15 pm

“The Distance Between Dreams”

Giant wave surfing. Unbelievable!

Documentary / 2016 / 1 hr 3 min / NR

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

GRACE NOTES UKULELES with Mary Abt

TRAVELOGUE with Larry Moodry

WRITING CONNECTION 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

PODIATRIST / HEARING EVALUATIONS

WELLNESS & RESOURCE PRESENTATIONS

ENJOY A MEAL

“LUNCH BUNCH”: LUNCH @ SENIOR CENTER

BREAKFAST BUS

OUT TO LUNCH

TAKE A RIDE

HYANNIS / RMV / ORLEANS

OUT & ABOUT EXCURSIONS

PROVINCETOWN LIBRARY

STOP & SHOP

MEDICAL APPOINTMENTS CAPE-WIDE

GET SUPPORT & ASSISTANCE

AARP TAX ASSISTANCE

COA OUTREACH ~ HOME, OFFICE VISITS

EMERGENCY PLANNING ASSISTANCE

FOOD PANTRY & NUTRITION PROGRAMS

LEGAL ASSISTANCE

MEDICAL EQUIPMENT LOAN

MOBILE LIBRARY

SENIOR R.E. TAX ABATEMENT PROGRAM

SHINE

STORM REASSURANCE

GET “OUT & ABOUT” THIS SUMMER ON THE SENIOR CENTER BUS!

TRURO FARMERS’ MARKET *Monday July 8 @ 10:00 am*

Support your local farmers! Vendors accept SNAP, HIP, WIC, Veterans program.

Lunch at Captain’s Choice, a casual restaurant with outdoor seating.

Bus donation: \$2. RSVP by 7/5.

BREAKFAST BUS: VAN RENSSELAER’S *Thursday, July 11 @ 8:30 am*

Popular family-owned and operated restaurant in South Wellfleet serving a delicious variety of breakfast dishes.

Bus donation: \$3. RSVP by 7/9.

ARNOLD’S LOBSTER & CLAM BAR AND MINI-GOLF *Monday, July 22 @ 11:00 am*

An Eastham landmark - affordably priced fresh seafood with other tasty fare (cash only). Arnold’s Mini Golf is 18 challenging holes in a beautifully landscaped setting (\$8 per person).

Bus donation: free. RSVP by 7/18.

OUT TO LUNCH: MOBY DICK’S *Thursday, July 25 @ 11:00 am*

A summer favorite in Wellfleet serving delicious fresh seafood in a fun, friendly atmosphere.

Bus donation: \$3. RSVP by 7/23.

OUT & ABOUT: ORLEANS *Monday, July 29 @ 9:00 am*

Errands, appointments, shopping... destinations by request.

Bus donation: \$5. RSVP by 7/25.

HYANNIS TRIPS *Monday, July 1st & 15th @ 8:30 am*

Ride with us to Hyannis for morning medical appointments and shopping at several popular locations such as the Cape Cod Mall, K-Mart Mall, Home Depot, TJ Maxx and Trader Joe’s. On the 15th, we will be making a trip to the Massachusetts Registry of Motor Vehicles in Yarmouth.

Bus donation: \$8. RSVP by noon on the Friday before the trip.

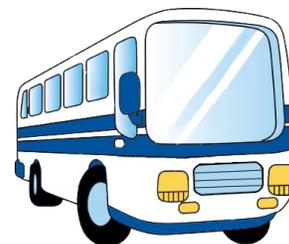
SHOPPING *Tuesdays @ 1:00 pm*

Door-to-door service to Stop & Shop in Provincetown.

Bus donation: \$1. RSVP by the Monday before.

REMINDER: MOBILE LIBRARY

Call us if you’d like us to pick up or return books for you!



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

Did you get your new Medicare Card?

If you didn't get it, here's what to do:

*Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.

*If the card didn't arrive, call 1-800-Medicare.

You will need to have your new card before 12/31/2019, so it is important to call for your new card if you did not receive one yet.

The Massachusetts Senior Medicare Patrol Program is designed to provide education and resources on how to address healthcare errors, fraud and abuse for Medicare and Medicaid beneficiaries, family members, caregivers, and professionals.

It is important to check your Medicare Summary Notice (MSN). The MSN is a notice that individuals with Original Medicare get in the mail every 3 months for their Medicare Part A and Part B-covered services.

*If you have other insurance, check to see if it covers anything that Medicare didn't.

*Keep your receipts and bills and compare them to your MSN to be sure that you got all the services, supplies, or equipment listed.

*If you paid a bill before you got your notice, compare your MSN with the bill to make sure you paid the right amount for your services.

*If an item or service is denied, call your doctor's office to make sure they submitted the correct information. If not, the office may resubmit. If you disagree with any decision made, you can file an appeal.

If you are concerned about possible fraud, you can reports it in several ways:

*1-800-Medicare (1-800-633-4227)

*Office of the Inspector General at 1-800-447-8477

*Report it online to the Office of the Inspector General

Call us at 508-487-7080 if you need assistance.

With appreciation to...

...all who have donated medical equipment to our loan program. It is an invaluable service to residents needing to borrow assistive devices, so thank you for paying it forward! ...the Friends of the Council on Aging and all who baked and all who bought from their annual bake sale over Memorial Day weekend. All proceeds go directly to Senior Center programming and services so we are very grateful!



VETERANS AGENT UPDATES

NEW HOURS: Beginning July 2, Veterans Agent Shawney Carroll will be at the VMCC from 9:00 - 4:00 on Tuesdays only. She can be reached at 508-487-7099 or anytime by calling the Hyannis office at 508-778-8740 or by email at vetagent2@townofharwich.us.

RETIRING FLAGS: There is a box in the VMCC lobby for retired flags. Shawney will see that they are disposed of properly.

COASTLINES

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

If you want to continue to get it by mail, do nothing. If you would like to receive it via e-mail, call Shannon to be put on the list. If you'd like to read it online, please help us save funds and call to be taken off the of the mailing list. Thank you.

COUNCIL ON AGING BOARD

David Ketchum (Chair)

Penny Sutter (Vice-Chair)

Chris Asselin (Clerk)

Julie Knapp

Deb Meadows

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 2019

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 ¹ Stretch & Strength 10:15 WOMR Show 12:30 92.1 FM	Yoga 9:00 ² Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent	Strength Training ³ 10:15 BP Clinic 11 - 1:00 Lunch* Noon Travelogue 1:15 Knitting 1:00 COA Board 1:30	CENTER CLOSED 4TH OF JULY 	Writing ⁵ Connection 10:00
Out & About* 8 10:00 Stretch & Strength 10:15 SHINE*	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	Breakfast Bus*11 8:30 Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00 Podiatrist*	Writing ¹² Connection 10:00
Hyannis/RMV* ¹⁵ 8:30 Stretch & Strength 10:15 SHINE*	Yoga 9:00 ¹⁶ Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*	Strength Training ¹⁷ 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00	Yoga 9:00 ¹⁸ Chair Yoga 10:30 Cookout* Noon Grace Notes 3:00	Writing ¹⁹ Connection 10:00
Out & About*²² 11:00 Stretch & Strength 10:15 SHINE*	Yoga 9:00 ²³ Movie 1:00 Bridge 1:00 Stop & Shop* 9:30 Veterans Agent*	Strength Training ²⁴ 10:15 Lunch* Noon Knitting 1:00 Classic Movie 1:15	Out to Lunch* ²⁵ 11:00 Yoga 9:00 Chair Yoga 10:30 Grace Notes 3:00 Podiatrist*	Writing ²⁶ Connection 10:00
Out & About*²⁹ 9:00 Stretch & Strength 10:15 SHINE*	Yoga 9:00 ³⁰ Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent	Strength Training ³¹ 10:15 Lunch* Noon Knitting 1:00 Documentary 1:15	<u>APPOINTMENTS</u> <u>HEARING EVALS</u> 508-255-1285 <u>MEALS ON WHEELS</u> 508-349-2658 <u>VETERANS AGENT</u> 508-487-7099	<u>SENIOR CENTER HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSR STD
PERMIT #16
PROVINCETOWN
02657 MA

SUDOKU

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	