PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

OCTOBER 2019

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

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Welcome to Coastlines,

Happy fall! We hope you enjoy this beautiful season on the Cape.

This month is full of celebrations. We will honor the 2019 Senior of the Year, Carol MacDonald, at a luncheon on October 24; please see the announcement below. Seating and parking are limited so be sure to make your reservation soon.

In observance of LGBT History Month, we are showing two documentaries on October 9 (just 2 days before National Coming Out Day!). *Word is Out* was filmed in the 1970's and focuses on interviews with men and women about their sexual orientation. *Word is Out ~ 30 Years Later* looks back at the making of the film by those who were involved in it. Following the movies, we will enjoy refreshments and have time to share thoughts so please join us.

Lots of great activities this month and we hope to see you here! *~Chris*

The Provincetown Council on Aging invites you to the

2019 SENIOR OF THE YEAR LUNCHEON HONORING CAROL MACDONALD

Thursday, October 24 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 15: 508-487-7080

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

TRAVELOGUE

JALAN, JALAN IN MALAYSIA
Wednesday, October 2 @ 1:15 pm

A dvd presentation with host Larry Moodry.

JOIN US AT THE MOVIES

WEEKLY

Tuesdays @ 1:00 pm ~ Free!

October 1: "The Upside"
A wealthy man with quadriplegia and an ex-con become unlikely friends.
Comedy, Drama / 2017 / 2 hr 6 min / (PG-13)

October 8: "Maria by Callas"
A portrait of opera singer Maria Callas.
Documentary / 2018 / 1 hr 53 min / (PG)

October 15: "Best of Enemies"
Civil rights activist takes on a local Ku Klux Klan leader.
Biography / 2019 / 2 hr 13 min / (PG-13)

October 22: "The Souvenir"
A young film student becomes involved with a shady man.
Mystery / 2018 / 2 hr / (R)

October 29: "Rocketman"
Musical fantasy about Sir Elton John.
Biography / 2019 / 2 hr 1 min / (R)

CLASSIC

Wednesday, October 23 @ 1:15 pm

"Young Frankenstein"
Not quite Mary Shelley's version of Frankenstein.
Comedy / 1974 / 1 hr 46 min / (PG)

DOCUMENTARY

Wednesday, October 9 @ 1:15 pm

Please see Page 1 for information about these films and join us in honoring LGBT History Month.

"Word is Out"
Documentary / 1977 / 2 hr 4 min / (NR)

"Word is Out: 30 Years Later"
Documentary / 2010 / 4 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

COMPUTER CLASSES / TECH HELP with Ed Terrill
GRACE NOTES UKULELES with Mary Abt
TRAVELOGUE with Larry Moodry
WEAVING with Janet Beattie
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 / SENIOR SHUTTLE
OUT & ABOUT EXCURSIONS
PROVINCETOWN LIBRARY
STOP & SHOP
MEDICAL APPOINTMENTS CAPE-WIDE

GET SUPPORT & 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*

JOIN US FOR PROGRAMS AT THE CENTER…

ALTERNATIVE HEALTH ***Thursdays, October 3, 10, & 17 @ 1:00 pm***
Drop-in seminar on alternative approaches to health led by Loretta Butehorn, with guest speakers. Call for topics.

BEGINNING WEAVING ***Tuesdays, October 8 - November 26 @ 1:00 pm***
Beginners will learn the basics of weaving using a table loom for each student. You will create a sampler and explore weaving patterns, color choices and texture. This sampler will be a valuable resource for future weaving projects. Janet has a degree in applied arts with an emphasis on weaving. Call for info and fees.

TECH HELP ***Wednesdays, October 9 and 23 / 1:00 - 2:00 pm***
Want to learn more about your tech device? Provincetown Library volunteer Ed Terrill can answer questions about your iPad, e-reader, laptop, phone or about e-mail, apps, etc. No sign up required, just come in.

IPAD CLASS
Ed will also teach a class focusing on the IPAD as an Internet tool, creative artist canvas, writing and photography/video tool. Free. Call for information if you are interested in this class.

BURIED IN TREASURES ***Tuesdays @ 1:30 pm beginning October 15***
Carol Bishop will lead this action-oriented group based on the book of the same title for people concerned about collecting or hoarding. In this 14-session series, you will gain support, learn strategies to de-clutter and ways to change behaviors. Free, confidential. Registration required: call Andrea at the COA at 508-487-7080 by 10/8.

DROP-IN CONVERSATION ON RADICAL AGING ***Tuesday, October 15 @ 10:00 am***
Take this opportunity to join the conversation on Radical Aging; a first step in experiencing aging is open to artistic interpretation. Simple group guidelines provide a safe place to share your experience of aging through creative work or by telling our life experience. Facilitated by Mary DeRocco. Everyone welcome.

THE SAMARITANS OF CAPE COD & THE ISLANDS ***Monday, October 21 @ 10:00 am***
Assistant Director Karen Ellery will discuss senior programs, referral process and volunteer recruitment and training. The Senior Outreach Program pairs a trained volunteer with seniors who would like a connection through weekly phone calls. Calls are confidential and volunteers listen with compassion and empathy.

MINDFULNESS MEDITATION ***Thursdays @ 1:30 pm beginning October 24***
We are pleased to welcome back Jennifer Shannon to lead this 5-week session. Learn techniques to decrease worry, practice gratitude, distinguish your true nature from your conditioning and stay curious. Free, open to all levels. Registration required; participants are asked to attend all sessions. RSVP by 10/21.

SHINE PRESENTATION ***Monday, October 28 @ 10:00 am***
A SHINE representative (Medicare, health insurance) will discuss 2020 plans and their changes.

EDIBLE INSECTS ***Wednesday, October 30 @ 1:15 pm***
Insects are a part of many diets around the world. Entomologist Larry Dapsis returns to explore the subject of insect-based foods including sustainability and nutrition. Fascinating and free samples!

…OR GET "OUT & ABOUT" ON THE *NEW* SENIOR CENTER BUS!

BREAKFAST BUS: CHATHAM FILLING STATION ***Thursday, October 3 @ 8:30 am***
Vintage roadside diner memorabilia and great homemade food. Bus donation: $5. RSVP by 10/1.

HART FARM IN DENNISPORT ***Thursday, October 10 @ 9:30 am***
Pumpkins, plants, cranberries & more! Lunch at Clancy's. Bus donation: $5. RSVP by 10/8.

OUT TO LUNCH: SCARGO CAFE ***Thursday, October 17 @ 10:30 am***
A special dining experience in Dennis. Bus donation: $5. RSVP by 10/15.

OUT & ABOUT: ORLEANS ***Monday, October 28 @ 9:00 am***
Errands, appointments, shopping… destination by request. Bus donation: $5. RSVP by 10/24.

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 have arrived!
The Fuel Assistance Program runs from November 1, 2019 until April 30, 2020. Eligibility is based on gross income, household size, and vulnerability to heating costs.

Fuel Assistance can assist with any primary heat type: oil, electricity, propane, kerosene, wood or coal. Also, if you are living in nonsubsidized housing and your heat is included in your rent, fuel assistance can reimburse you for a portion of your rent. If you are renting an apartment that is subsidized and the cost of heat is included in your rent, you may not be eligible for the Fuel Assistance program; however, you may wish to apply to be enrolled in a Massachusetts utility discount program strictly based on income.

To apply you will need the following:
*Proof of income
*Electric bill
*Heating bill
*Mortgage, homeowner's insurance, real estate tax or lease
*Photo ID
*Social Security cards and birthdates for all in household

For those of you who applied last year, you should have received your application in the mail by now. If you need assistance with your application please call us at 508-487-7080 to make an appointment with either Andrea or our Social Service Representative, Janet Beattie.

As a friendly reminder, Janet sees clients of all ages while Andrea is able to make home visits to those who would like to apply but are homebound.

With appreciation to...

...the Friends of the Provincetown COA and all who baked or bought goodies at their annual Labor Day weekend bake sale. All proceeds go directly towards programming at the Center. Thank you for all you do.

LEGAL SERVICES

South Coast Counties Legal Services provides free, 15-minute legal consultations with an Elder Law attorney to residents 60+ years of age every other month. The next date will be October 7. Call the Senior Center to schedule an appointment.

NEW THIS FALL: SENIOR SHUTTLE!

Tuesdays, October - May

Our Senior Center bus will now pick you up and take you to in-town destinations by request all day on Tuesdays. Errands, appointments, shopping, banking, the library, you name it. Our driver will coordinate trips based on passenger needs. Call by 4:00 pm Monday to reserve. Bus donation: $1.

(We will still be going to Stop & Shop every Tuesday as well!)

NOTICE

Liturgical Publications, Inc. (LPi), our newsletter publisher, accepts advertisements from area businesses and service providers. Please note that this does not constitute an endorsement, referral, guarantee or recommendation of advertisers by the Provincetown Council on Aging or Town of Provincetown.

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*

OCTOBER 2019

***Bold**=New*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER HOURS **MON-THURS** **8 AM - 5 PM** **FRIDAY** **8 AM - NOON**	1 Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* **Senior Shuttle***	2 Strength Training 10:15 BP Clinic 11-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15 COA Board 1:30	3 **Breakfast Bus* 8:30** Yoga 9:00 Chair Yoga 10:30 **Alt. Health 1:00** Grace Notes 3:00	4 Writing Connection 10:00
7 Hyannis*8:30 Stretch & Strength10:15 Senior Center Show WOMR 12:30 pm 92.1 FM Legal Aid*	8 Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 **Weaving* 1:00** Veterans Agent* Senior Shuttle*	9 Strength Training 10:15 Lunch* Noon Knitting 1:00 **Tech Help 1-2:00** **Documentaries LGBT History Month 1:15**	10 **Out & About* 9:30** Yoga 9:00 Chair Yoga 10:30 **Alt. Health 1:00** Grace Notes 3:00 Podiatrist*	11 **Foods to Encourage 9:00-11:00** Writing Connection 10:00
14 **CENTER CLOSED** ***COLUMBUS DAY***	15 Yoga 9:00 **Radical Aging Drop-In 10:00** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Weaving* 1:00 **Buried in Trs 1:30** Veterans Agent* Senior Shuttle*	16 Strength Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00	17 **Out to Lunch* 10:30** Yoga 9:00 Chair Yoga 10:30 **Alt. Health 1:00** Grace Notes 3:00	18 Writing Connection 10:00
21 Hyannis/RMV* 8:30 Stretch & Strength10:15 **Samaritans 10:00** SHINE*	22 Yoga 9:00 Movie 1:00 Bridge 1:00 Weaving* 1:00 Stop & Shop* 1:00 Buried in Trs 1:30 SHINE* Veterans Agent* Senior Shuttle*	23 Strength Training 10:15 Lunch* Noon **Tech Help 1-2:00** Knitting 1:00 Classic Movie 1:15	24 Yoga 9:00 Chair Yoga 10:30 **Senior of Year Lunch* Noon** **Mindfulness* 1:30** Grace Notes 3:00 Podiatrist*	25 **Foods to Encourage 9:00-11:00** Writing Connection 10:00
28 **Out & About* 9:00** Stretch & Strength 10:15 **SHINE Presentation 10:00** SHINE* 	29 Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Weaving* 1:00 Buried in Trs* 1:30 Veterans Agent* Senior Shuttle*	30 Strength Training 10:15 Lunch* Noon Knitting 1:00 **Edible Insects 1:15** 	31 Yoga 9:00 Chair Yoga 10:30 Mindfulness* 1:30 Grace Notes 3:00 SHINE* 	**APPOINTMENTS** ***HEARING EVALS*** **508-255-1285** ***MEALS ON WHEELS*** **508-349-2658** ***VETERANS AGENT*** **508-487-7099**

PROVINCETOWN COUNCIL ON AGING
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PROVINCETOWN, MA 02657

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Halloween Word Builder

Unscramble the three-letter endings from the list below to create Seven-letter words. Use each ending only once.

1. PUMP	+ _____	= _____		REB
2. SPID	+ _____	= _____		SER
3. LANT	+ _____	= _____		USO
4. OMIN	+ _____	= _____		MUE
5. VAMP	+ _____	= _____		LAC
6. SPOO	+ _____	= _____		INK
7. ALCH	+ _____	= _____		MEY
8. GHOS	+ _____	= _____		EDK
9. COST	+ _____	= _____		REN
10. HAUN	+ _____	= _____		TDE
11. MACA	+ _____	= _____		YLT
12. MAGI	+ _____	= _____		RIE