PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

JANUARY 2020

CHRIS HOTTLE, MSW - ***DIRECTOR***
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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 2020 from all of us at the Senior Center!

Can it really be twenty years since Y2K? Remember when the countdown to midnight on New Year's Eve, 1999 was fraught with worries about the world ending, thanks to anticipated computer bugs? It was a mad rush for companies to upgrade their systems, expecting them to fail with the rollover of the millennium. Well, here we are!

In 2020 we will mark the 400th anniversary of the landing of the Pilgrims. Dan Sanders' Story Swap this month will focus on the Mayflower. Dan, a model boat builder, will bring a replica of the Mayflower to show why it was designed the way it was, talk about the people onboard and discuss what happened in Provincetown Harbor. Feel free to bring your own Mayflower stories to share.

2020 also marks the federal census conducted by the U.S. Census Bureau every ten years. Why is the census important? The collected data is used to determine federal funding for communities, draw legislative districts, assist special populations, including older adults, veterans and people with disabilities, and more.

Every Council on Aging in the state receives an annual formula grant based on the previous federal census count of residents 60+ years of age. Senior Centers can use the funding for many purposes, thus saving money in town budgets. The formula grant is just one of the ways census data directly impacts our community.

The number of residents 60+ has grown significantly since the last census in 2010. Town census figures show a 50% increase since then so counts from the upcoming census will be critical in determining future funding.

Census Day is April 1. In the upcoming months, look for more information in this newsletter, the media and printed materials throughout town.

In the meantime, we wish you a healthy, happy 2020 and hope to see you here! *~ Chris*

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

TRAVELOGUE

FJORDS OF GREENLAND

Wednesday, January 8 @ 1:15 pm

A dvd presentation with host Larry Moodry.

JOIN US AT THE MOVIES

WEEKLY MOVIES

Tuesdays @ 1:00 pm ~ Free!

January 7: *The Farewell*
A young woman returns to China to visit her dying grandmother.
Comedy / 2019 / 1 hr 38 min / (PG)

January 14: *The Lion King*
A lion prince overcomes tragedy to become king.
Animation / 2019 / 1 hr 58 min / (PG)

January 21: *Red Joan*
A long time female KGB spy is accused of treason.
Drama / 2019 / 1 hr 50 min / (R)

January 28: *Poms*
A group of retired women dust off their pom-poms and form a cheerleading squad.
Comedy / 2019 / 1h 31 min / (PG-13)

CLASSIC MOVIE

Thursday, January 2 @ 1:30 ~ Free!

King of Hearts

A young World War 1 soldier is dispatched to a small village to defuse a bomb and discovers residents of a sanitarium still occupy the village.
Comedy / 1969 / 1 hr 42 min / (NR)

DOCUMENTARY

Wednesday, January 22 @ 1:15 ~ Free!

Maiden

An all-women captain and crew enter the Whitbread Round the World Race aboard the yacht *Maiden*.
Documentary / 2019 / 1 hr 37 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

COMPUTER CLASSES / TECH HELP with Ed Terrill
DRAWING with Kathi Smith
GRACE NOTES UKULELES with Mary Abt
PAINTING with Steve Kennedy
STORY SWAP with Dan Sanders
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson

RELAX / SOCIALIZE / PLAY A GAME

BRIDGE / CHECKERS / CHESS / SCRABBLE
KNITTING CIRCLE ~ HANG OUT in the LOUNGE
MOVIES ~ WEEKLY / CLASSIC / DOCUMENTARY
RADIO SHOW on WOMR / EVENTS on PTV
WINTER COFFEE HOUR

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 NEW PROGRAMS AT THE CENTER…

ART CLASSES ***Beginning January 6***

Winter session classes of Drawing with Kathi Smith and Painting with Steve Kennedy will begin the first week of January. Please call Shannon at 508-487-7080 for info and fees.

NINTENDO Wii SPORTS ***Mondays, beginning January 6 / 1:00 - 3:00 pm***

Join us for Wii virtual sports. All games are fun and easy to play, either sitting or standing. Each week we will play a different sport, including bowling, tennis, baseball and golf.

KNOW THYSELF ***Wednesdays, January 8, 15 & 22 / 3:00 - 4:30 pm***

This series will offer three interactive discussions: Synchronicity: Perfect Timing on 1/8, Unconditional Love: Choice of Truth on 1/15 and Exchange: Reality Shift on 1/22. Together we will share and learn from one another to form a greater understanding of who we are as individuals and as a collective. Led by local resident C. Sumner Phillips. Drop in for one or attend all three. Free classes, everyone welcome.

NATIONAL GEOGRAPHIC* PHOTOGRAPHY** ***Thursdays, January 9, 16 & 23 @ 1:00 pm

Join us for a three-part video learning series on landscape photography. These 1/2 hour sessions are part of *National Geographic's* The Great Masters series: "Exploring Landscapes" on 1/9, "Guide the Eye" on 1/16 and "Moments in Landscape" on 1/23. Drop in for one or attend all three. Free, everyone welcome.

DROP-IN CONVERSATION ON RADICAL AGING ***Tuesday, January 14 @ 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.

MUSIC SALON: KARAOKE! ***Wednesday, January 29 @ 1:30 pm***

It doesn't matter if you can sing or not, join us for a fun-filled afternoon of laughter and song. We have a new karaoke machine and this month we'll sing songs from the Golden Oldies Collection. Even if you don't want to sing, we need an audience! Come on in and bring some friends. Free.

WINTER COFFEE HOUR ***Tuesdays, 9:30 - 11:30 am***

We've got just the antidote to the winter blues. Join others for a hot drink, coffeecake and friendly conversation. Free. Rides available: call by 4:00 pm the day before.

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

BREAKFAST BUS: GRUMPY'S ***Thursday, January 9 @ 8:30 am***

Start the new year at one of our favorite restaurants in Dennis. Bus donation: $5. RSVP by 1/7.

OUT & ABOUT: ORLEANS ***Monday, January 13 @ 9:00 am***

Errands, appointments, shopping - destinations by request. Bus donation: $5. RSVP by 1/10.

PATRIOT SQUARE & ENTERTAINMENT CINEMAS ***Thursday, January 16 @ 10:00 am***

Enjoy your choice of 10 first-run movies in a cozy setting, shop the mall and/or enjoy lunch at your choice of restaurants. Bus: free. RSVP by 1/14.

OUT TO LUNCH: MARYANN'S CAFE ***Thursday, January 23 @ 11:00 am***

Enjoy lunch with neighbors and friends at the Wellfleet Senior Center. Lunch: $7.50. Bus donation $3. RSVP by 1/16.

TEN PIN EATERY AND BOWLING ***Thursday, January 30 @ 10:00 am***

Ten Pin Eatery at the Cape Cod Mall offers 11 bowling lanes (big ball) along with casual food. Bowling: $30/hr (6 people). Bus: free. RSVP by 1/28.

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

Are you having difficulty paying your heating bills? We are here to help! There is still time to apply to the Fuel Assistance Program which runs 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 the household

Please call us at 508-487-7080 to make an appointment with myself or our Social Service Representative, Janet Beattie. As a friendly reminder, Janet sees clients of all ages while I see clients over 60 and am able to make home visits to those who would like to apply but are homebound.

If you have any questions please feel free to give us a call at 508-487-7080 and we can help meet your needs.

With appreciation to...

...all who made the David Asher dinner so special. Heartfelt thanks to Tim, Sean and the entire McNulty family for hosting it at the Lobster Pot; Steve Roderick, Julie Cataldo-Roda and Lower Cape Ambulance; Robin Reid, Donna Vaillancourt and all the volunteers and chefs who contributed! The dinner is such a treasured tradition.

...Kathy Menangas for joining the COA Board as an alternate member. Thank you for your commitment to senior residents and the COA.

WINTER WEATHER POLICY

If Provincetown Schools are closed, Senior Center programs and rides will be cancelled. The office will be open.

If the Town of Provincetown offices/Town Hall are closed, the Senior Center office will not be open. All programs and rides will be cancelled.

For your safety, rides and programs may be cancelled at other times based on weather conditions. If in doubt, please call ahead!

NOTICE

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COUNCIL ON AGING BOARD

David Ketchum (Chair)
Penny Sutter (Vice-Chair)
Chris Asselin (Clerk)
Julie Knapp
Deb Meadows
Kathryn Menangas (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 2020

***Bold**=New*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APPOINTMENTS ***HEARING EVALS*** **508-255-1285** ***MEALS ON WHEELS*** **508-349-2658** ***VETERANS AGENT*** **508-487-7099**	**SENIOR CENTER HOURS** **MON-THURS** **8 AM - 5 PM** **FRIDAY** **8 AM - NOON**	**1** **CENTER CLOSED** 	**2** Classic Movie1:30 Grace Notes 3:00	**3** Writing Connection 10:00
6 Hyannis*8:30 **Beg. Drawing* 9:30** Stretch & Strength10:15 WOMR Radio Show 12:30pm **Wii 1:00-3:00**	**7** Yoga 9:00 **Painting* 9:30** Coffee Hour 9:30 - 11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*	**8** **Adv. Draw* 9:30** Strength Training 10:15 Knitting 1:00 Travelogue 1:15 COA Board 1:30 **Know Thyself 3:00**	**9** **Breakfast Bus* 8:30** Yoga 9:00 Chair Yoga 10:30 **Photography 1:00** Grace Notes 3:00 Podiatrist*	**10** **Foods to Encourage 9:00-11:00** Writing Connection 10:00 **WE CAN Legal Services***
13 **Out & About* 9:00** Beg. Drawing* 9:30 Stretch & Strength10:15 Wii 1:00-3:00	**14** Yoga 9:00 Painting* 9:30 Coffee Hour 9:30 - 11:30 **Radical Aging 10:00** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*	**15** Adv. Draw* 9:30 Strength Training 10:15 BP Clinic 11-1:00 Knitting 1:00 Hearing* 1:00 Story Swap: The Mayflower 1:15 Know Thyself 3:00	**16** Yoga 9:00 **Out & About* 10:00** Chair Yoga 10:30 Photography 1:00 Grace Notes 3:00	**17** Writing Connection 10:00
20 **CENTER CLOSED** **Martin Luther King Day**	**21** Yoga 9:00 Painting* 9:30 Coffee Hour 9:30 - 11:30 **CDP Home Rehab Loan Info11-Noon** Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*	**22** Adv. Draw* 9:30 Strength Training 10:15 Knitting 1:00 Documentary 1:15 Know Thyself 3:00	**23** Yoga 9:00 Chair Yoga 10:30 **Out to Lunch* 11:00** Photography 1:00 Grace Notes 3:00 Podiatrist*	**24** **Foods to Encourage 9:00-11:00** Writing Connection 10:00
27 Hyannis/RMV* 8:30 Beg. Drawing* 9:30 Stretch & Strength 10:15 Wii 1:00-3:00	**28** Yoga 9:00 Painting* 9:30 Coffee Hour 9:30 - 11:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*	**29** Adv. Draw* 9:30 Strength Training 10:15 Knitting 1:00 **Music Salon Karaoke 1:30**	**30** Yoga 9:00 **Out & About* 10:00** Chair Yoga 10:30 Grace Notes 3:00	**31** Writing Connection 10:00

PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRT 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.

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