

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

APRIL 2020

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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!

Welcome to Coastlines!

April is National Volunteer Month and we are honored to recognize the special people who give so generously of their time at the Senior Center.

It truly is thanks to the caring dedication of our volunteers, along with the efforts of our COA Board and Friends organization (all of whom are volunteers!), that we are able to offer so many programs and services. As the saying goes, "Volunteers are love in motion!" We thank each of you for all you do. ~ *Chris*

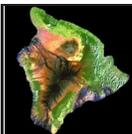


WE APPRECIATE OUR VOLUNTEERS!

Please join us in thanking...

Mary Abt, Ollie Ahmuty, Chris Asselin, Susan Avellar, Suzanne Becker, Stephen Borkowski, Loretta Butehorn, Lee Ciliberto, Dottie Clements, Betty Comey, Kitty Cotter, Mary DeRocco, Linda Glenn, William Goodbody, Bob Henneberry, Kent Isham, Drew Kawasaki, David Ketchum, Julie Knapp, Mary Lambrou, Sheila Macnab Millar, Ann Maguire, Ardis Markarian, Christine Martin, Deb Meadows, Gerard Menangas, Kathy Menangas, Bill Meves, Larry Moodry, Dowell Multer, Sarah Multer, Hilde Oleson, Judy Osowski, Phoebe Otis, Jerry Ouellet, Margie Perry, Mary Rose Quagliano, RuthE Rogers, Dan Sanders, Dot Sanderson, Jennifer Shannon, Marsha Sirota, Cheryl Stewart, Charles S. Sumner, Penny Sutter, Ed Terrill, Susan Troyan, Art Tupper, Vern Wilson, Barbara Yates

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



TRAVELOGUE

HAWAII, THE BIG ISLAND

Wednesday, April 1 @ 1:15 pm

A dvd presentation with host Larry Moody.

JOIN US AT THE MOVIES

WEEKLY MOVIES

Tuesdays @ 1:00 pm ~ Free!

April 7: Roma

A year in the life of a middle-class family in turmoil in Mexico City in the early 1970's.

Drama / 2018 / 2 hr 15 min / (R)

April 14: Ford v Ferrari

Car designer Carroll Shelby and driver Ken Miles build a revolutionary car in hopes of defeating Ferrari at the Le Mans in 1966.

Action / 2019 / 2 hr 32 min / (PG-13)



April 21: Midway

Based on the real life events during the WWII Battle of Midway.

Action / 2019 / 1 hr 38 min / (PG-13)

April 28: A Beautiful Day in the Neighborhood

Based on the true story of a real-life friendship between Fred Rogers and journalist Lloyd Vogel.

Biography / 2019 / 1 h 49 min / (PG)

CLASSIC MOVIE

Wednesday, April 29 @ 1:15 pm ~ Free!

The Maltese Falcon

A private detective takes on a case that involves unsavory criminals and a gorgeous liar.

Mystery / 1941 / 1 hr 40 min / (NR)

DOCUMENTARY

Wednesday, April 22 @ 11:00 am ~ Free!

Biggest Little Farm

John & Molly Chester work to develop a sustainable farm on 200 acres outside Los Angeles

Documentary / 2019 / 1 hr 31 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

TAI CHI with Lisa Bushy

WALK THE HALLS

YOGA with Christine Frisco

CREATE / LEARN

DRAWING with Kathi Smith

GRACE NOTES UKULELES with Mary Abt

PAINTING with Steve Kennedy

RADICAL AGING with Mary DeRocco

TRAVELOGUE with Larry Moody

RELAX / SOCIALIZE / PLAY A GAME

BRIDGE / BOARD & CARD GAMES

HANG OUT in the LOUNGE ~ KNITTING CIRCLE

MOVIES ~ WEEKLY / CLASSIC / DOCUMENTARY

MUSIC SALONS & KARAOKE

RADIO SHOW on WOMR / EVENTS on PTV

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 ~ SIGHT LOSS SUPPORT GROUP

STORM REASSURANCE

TAX ASSISTANCE with AARP VOLUNTEERS

JOIN US FOR NEW PROGRAMS AT THE CENTER...

TAI CHI *Mondays, April 6 - June 8 / 1:00-2:00 pm*

Tai Chi for Health and Longevity is based on Traditional Chinese Medicine and is sometimes referred to as moving meditation. This 1-hour practice consists of warm ups, breath and body awareness and movement with emphasis on weight shifting and balance. Through gentle movement and repetition, participants learn 8 forms to strengthen the body and the mind. At the end of the 8-session course, participants will have an easy routine to continue at home. Free. Registration and physician's certificate required by 4/3: call the VNA at 508-957-7423.

MUSIC SALON: KARAOKE *Wednesday, April 8 @ 1:30 pm*

The crowd and fun keep growing. Everyone is a star! Over 500 songs to choose from ranging from the 40's to the 80's. Rides available: call by 4:00 pm on 4/7.

HOUSING REHABILITATION PROGRAM *Thursday, April 16 @ 10:00 am*



Community Development Partnership will discuss funds for eligible residents for critical home repairs (roofing, siding, electric, heat, plumbing, structural repairs and more). Funding is limited; first come, first served basis. Come in to meet with Terri Barron or call her at 508-240-7873 x 14.

SIGHT LOSS SUPPORT GROUP *Friday, April 17 @ 9:30*

Sight Loss Services will offer a new, monthly self-help group at the Senior Center. The group encourages the exchange of coping skills and problem-solving strategies, helping to maintain an independent and productive lifestyle for those in different stages of vision loss. Rhonda Garran, Sight Loss Services Director, will speak on available resources, demonstrate adaptive aids and share free samples. Facilitated by Laura Reiter, it is free, confidential and open to all. No registration required. Rides provided: call the Senior Center by 4:00 pm on 4/16.

BE SURE TO SEE THE ENCLOSED INSERTS FOR MORE PROGRAMS:

SAVVY CAREGIVERS
EARTH DAY CELEBRATION

NATIONAL POETRY MONTH
GAMES WITH INDEPENDENCE HOUSE

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

OUT & ABOUT: TRURO *Thursday, April 2 @ 10:00 am*

Coffee/pastry at Savory & The Sweet Escape then a drive to local beaches. Bus donation: \$2 RSVP by 4/1.

BREAKFAST BUS: APT *Thursday, April 9 @ 8:30 am*

A Brewster coffee shop, Apt features local farm-to-table food. Bus donation: \$5. RSVP by 4/7.

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

Errands, appointments, shopping - destinations by request. Bus donation: \$5. RSVP by 4/10.

WHYDAH PIRATE MUSEUM: West Yarmouth *Thursday, April 16 @ 9:30 am*

A guided tour of the exhibits and laboratory of artifacts from the 18th century shipwreck of The Whydah Gally. Lunch at Capt. Parker's Pub. Museum admission (seniors): \$12. Bus donation: free. RSVP by 4/14.

OUT TO LUNCH: NOBLE HOUSE *Thursday, April 23 @ 10:00 am*

Japanese style hibachi, sushi and sashimi in Harwich. Bus donation: \$5. RSVP 4/21.

WELLFLEET BAY WILDLIFE SANCTUARY *Monday, April 27 @ 10:00 am*

Celebrate spring at the sanctuary which features accessible trails and an award-winning nature center.

Non-member admission: \$5. Lunch at Wellfleet Bookstore & Restaurant. Bus donation: free. RSVP by 4/24.

OCEANAIR HIMALAYAN SALT CAVE: Orleans *Thursday, April 30 @ 10:00 am*

Experience the renowned health benefits of halotherapy in Oceanair's beautifully crafted salt cave; recline in zero gravity chairs surrounded by relaxing music while you breathe and absorb micro-particles of pure salt.

\$20 per person. Bus donation: free. RSVP by 4/23. For more info, see <https://oceanairhimalayansaltcave.com/>

*Please speak with your primary care physician if you have health-related questions regarding halotherapy.



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**SNAP—Food Stamp Benefits**

In January 2020, your Social Security benefits went up by 1.6%. Because of this increase, your SNAP benefits were recalculated beginning in February of 2020 and you may have noticed a decrease in benefits. It is very important that you tell Food Stamps about all changes in income, expenses and household circumstances. For example:

If you are disabled or age 60 or over you may be able to get more SNAP benefits if you spend more than \$35 per month in health care costs that are not covered by insurance like:

- *The cost of health insurance premiums
- *Co-payments for health care visits or prescriptions
- *Acupuncture, chiropractic, vitamins, herbal treatments
- *Health care supplies and equipment, incontinence supplies
- *Home health aides and home maker services
- *Items including over-the-counter drugs, and ointments
- *Eyeglasses, contacts, lens solutions; hearing aids, batteries; dental care, dentures, adhesives
- *The cost of public or private car transportation to health care appointments and pharmacies
- *One time medical bills for which there is no 3rd party reimbursement

If you have changes in medical expenses, please send proof of these changes to DTA. Examples of proofs are pharmacy receipts or taxi or bus receipts for trips to the pharmacy or doctors' appointments.

If you live in public or subsidized housing your rent may go up because of the increase in your income. If you have a change in housing costs, you need to send proof as well.

Please call me at 508-487-7080 if you need assistance or would like to apply for SNAP benefits.

With appreciation to...

...the Provincetown Police Department for hosting the 6th annual Valentine's lunch!

It was such a special day and so nice to spend time getting to know our officers and department staff. A special shout-out to the Recreation Department and the Early Learning Center for use of the VMCC gym and to Fanizzi's Restaurant and Far Land Provisions for the wonderful food and drink.

**2020 SENIOR OF THE YEAR**

Nominations are being accepted for the 2020 Senior of the Year. Nominees must be town residents 60+ years of age who are enthusiastically involved in the community, a role model to peers and exemplify the "Spirit of Positive Aging." Send a brief bio and the reason you feel the person should be the Senior of the Year to: Chris Hottle, COA, 2 Mayflower St. 02657 or chottle@provincetown-ma.gov by May 4.

Everyone counts!

Be sure to complete the 2020 Census!

NOTICE

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 Penny Sutter (Vice-Chair)
 Chris Asselin (Clerk)
 Julie Knapp
 Deb Meadows
 Kathryn Menangas (Alternate)
 Barbara Yates (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

APRIL 2020

Bold=New Program

<p><u>SENIOR CENTER HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</p>		<p>Adv. Draw* 9:30 1 Strength Training 10:15 BP Clinic 11-1:00 Knitting 1:00 Travelogue 1:15 COA Board 1:30</p>	<p>Yoga 9:00 2 Out & About* 10:00 Chair Yoga 10:30 Grace Notes Ukuleles 3:00</p>	<p><u>Reminder:</u> 3 You can Walk the Halls Monday-Friday in any weather ~ 8.5 laps is a mile!</p>
<p>Hyannis/RMV* 6 8:30 Beg. Drawing* 9:30 Stretch & Strength 10:15 WOMR Radio Show 12:30pm Tai Chi 1:00</p>	<p>Yoga 9:00 7 Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*</p>	<p>Adv. Draw* 9:30 8 Strength Training 10:15 Knitting 1:00 Karaoke 1:30</p>	<p>Yoga 9:00 9 Breakfast Bus* 8:30 Chair Yoga 10:30 Grace Notes Ukuleles 3:00 Podiatrist*</p>	<p>Foods to Encourage 10 9:00-11:00 (call by Thursday at 4:00 pm for a ride)</p>
<p>Out & About* 13 9:00 Beg. Drawing* 9:30 Stretch & Strength 10:15 Tai Chi 1:00</p>	<p>Yoga 9:00 14 Painting* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle* Taxes*</p>	<p>Adv. Draw* 9:30 15 Strength Training 10:15 Knitting 1:00 Hearing* 1:00</p>	<p>Yoga 9:00 16 Out & About* 9:30 Housing Rehab 10:00 Chair Yoga 10:30 Grace Notes Ukuleles 3:00</p>	<p>Sight Loss Support Group 17 9:30 (call by Thursday at 4:00 pm for a ride)</p>
<p>CENTER 20 CLOSED  PATRIOT'S DAY</p>	<p>Yoga 9:00 21 Painting* 9:30 Poetry Celebration 10:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*</p>	<p>Adv. Draw* 9:30 22 Strength Training 10:15 Biggest Little Farm 11:00 Honey Bees 1:30</p> 	<p>Yoga 9:00 23 Out & About* 10:00 Chair Yoga 10:30 Grace Notes Ukuleles 3:00</p>	<p>Foods to Encourage 24 9:00-11:00 (call by Thursday at 4:00 pm for a ride)</p>
<p>Beg. Drawing* 27 9:30 Out & About* 10 Stretch & Strength 10:15 Tai Chi 1:00 SHINE*</p>	<p>Yoga 9:00 28 Painting* 9:30 Games with Independence House 10:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Senior Shuttle*</p>	<p>Adv. Draw* 9:30 29 Strength Training 10:15 Knitting 1:00 Classic Movie 1:15</p>	<p>Yoga 9:00 30 Out & About* 10:00 Chair Yoga 10:30 Savvy Caregiver* 10:30 Grace Notes Ukuleles 3:00</p>	<p><u>APPOINTMENTS HEARING EVALS</u> 508-255-1285 <u>MEALS ON WHEELS</u> 508-349-2658 <u>VETERANS AGENT</u> 508-487-7099</p>



PROVINCETOWN COUNCIL ON AGING
 2 MAYFLOWER STREET
 PROVINCETOWN, MA 02657

PRSR STD
 PERMIT #16
 PROVINCETOWN
 02657 MA

WORD SUDOKU

F			A			Y		
	O	A		Y	L			
		R				E	O	
				E		W	L	Y
		Y		W			M	
	W		O			R		E
		O		A			Y	
R				L		A	F	
	Y			R	F			O

The basic rules are the same as regular Sudoku, but with letters instead of numbers: fill every row, column and 2x3 region with each letter of the special word below exactly once.

MAYFLOWER

Visit the Senior Center for the solution.