

# PROVINCETOWN COASTLINES

## PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street  
Provincetown, MA 02657

### DECEMBER 2016

CHRIS HOTTLE, MSW - DIRECTOR  
ANDREA LAVENETS - OUTREACH COORDINATOR  
MAUREEN HURST - ADMINISTRATIVE ASSISTANT  
PAT MEDINA - VAN DRIVER / OFFICE AIDE  
CHAR PRIOLO - PROGRAM COORDINATOR  
CARLA MANCINO - PROGRAM ASSISTANT

508-487-7080

[www.provincetown-ma.gov](http://www.provincetown-ma.gov)

*All of us at the COA wish you and yours  
the merriest of holidays!  
We hope you can join us in  
celebrating this very special season...*



### **DAVID ASHER HOLIDAY DINNER**    *Sunday, December 11 at Noon*

A favorite tradition! The Provincetown Business Guild and their wonderful volunteers invite seniors to enjoy an amazing holiday meal prepared by local chefs. Music provided by the Lower Cape Concert Band. Free. Rides provided and encouraged-parking is limited for this popular event. If you are homebound, we can also deliver a meal. RSVP by December 7.

### **HOLIDAY LUNCHES**    *Wednesdays, December 21 & December 28 at Noon*

We'll decorate and have some surprises for our weekly lunches during the holidays. Join us for good food and company during this special time of year. Rides available. Suggested donation for lunch: \$3. RSVP by the Friday before each lunch.

### **FA LA LA & LIGHTS**    *Thursday, December 22 at 3:30 pm*

It's our seventh annual get-together for holiday songs led by Mary Abt and our Grace Notes Chorus, followed by a tour of town holiday lights. Rides to/from the event available. RSVP by December 20.

### **HOLIDAY MOVIE**    *Tuesday, December 27 at 1:00 pm*

Another annual treat! We invite the children in the Recreation Department holiday program to join us for our weekly movie and popcorn. Always a special time. See Page 2 for this year's film.

### **FIRST LIGHT MEDITATION**    *Thursday, December 29 at 10:00 am*

As part of First Light Provincetown, we'll end the year together with a relaxing and inspiring time for meditation led by Dian Hamilton. Give your mind, body and spirit the gift of ease this busy season and join us for mindful breathing, guided meditation and plenty of laughter. Rides provided for this free event. RSVP by December 28. This New Year, before you celebrate, meditate!

**ONGOING PROGRAMS: CALL 508-487-7080 FOR INFO OR TO SIGN UP****TRAVELOGUE:****“Jalan, Jalan”  
MALAYSIA***Wednesday, December 7**1:15 pm*

Find out about “Jalan, Jalan” with world traveler, Larry Moodry, at this free slideshow presentation.

**JOIN US AT THE MOVIES!***TUESDAYS @ 1:00 pm**Free movie and popcorn!***December 6: “Dark Horse”**

Barmaid Jan Vokes, her husband and patrons of a pub in Wales purchase shares in a long-shot racehorse and hope to develop a champion.

Documentary / 85 minutes / 2016 / PG

**December 13: “Genius”**

An absorbing look at the complicated relationship between acclaimed writer, Thomas Wolfe and his literary agent, Max Perkins.

Jude Law, Guy Pearce, Laura Linney

Drama / 104 minutes / 2016 / PG-13

**December 20: “Money Monster”**

TV persona Lee Gates is taken hostage on live TV by fuming Kyle Budwell who followed Gates’ stock tip and landed in financial ruin.

George Clooney, Julia Roberts, Jack O’Connell

Drama / 98 minutes / 2016 / R

**December 27: “The Santa Clause”*****Movie with Recreation Department Children***

Each year, we share a movie with the kids from the Recreation Department holiday week program. A funny film is even funnier through their eyes! In this movie, a man is magically recruited to take Santa’s place.

Tim Allen, Judge Reinhold

Comedy / 97 minutes / 1994 / PG

**STAY ACTIVE***PING PONG**STRENGTH TRAINING with Dot Sanderson**STRETCH & STRENGTH with Dot Sanderson**STRETCH INTO YOGA with Christine Frisco**WALK THE HALLS**YOGA with Christine Frisco***BE WELL***VNA CLINIC: ASK-A-NURSE, BP, GLUCOSE**HEARING EVALUATIONS**PODIATRIST**WELLNESS PRESENTATIONS***PLAY GAMES***BOARD GAMES / PUZZLES IN THE LOUNGE**BRIDGE**BRAIN GAMES IN MEDIA CENTER***TAKE A RIDE***HYANNIS / ORLEANS / PROVINCETOWN**OUT & ABOUTS / OUT TO LUNCH**PROVINCETOWN LIBRARY / STOP & SHOP**MEDICAL APPOINTMENTS CAPE-WIDE***CREATE & LEARN***DRAWING with Kathi Smith**GRACE NOTES CHORUS with Mary Abt**KNITTING CIRCLE with Andrea Lavenets**PAINTING with Steve Kennedy**STORY SWAP with Dan Lynch**TECH SUPPORT with Brittany Taylor**TRAVELOGUE with Larry Moodry**WRITING CONNECTION with Hilde Oleson***ENJOY A MEAL***BREAKFAST IN ORLEANS**COA WEEKLY LUNCHESES**MEN’S BREAKFAST**OUT TO LUNCH***RELAX***AUTHORS’ SERIES / MUSIC SALONS**HANG OUT IN THE LOUNGE OR MEDIA CENTER**LISTEN TO COA RADIO SHOW ON WOMR**WATCH COA EVENTS ON PTV**MOBILE LIBRARY**WEEKLY MOVIES***GET SUPPORT & ASSISTANCE***\*COA OUTREACH ~ HOME OR OFFICE VISITS**\*FOOD PANTRY / DISTRIBUTION      \*SHINE**\*LEGAL ASSISTANCE      \*SOCIAL SERVICES**\*STORM REASSURANCE*

## JOIN US AT THE COA...

### **INDEPENDENCE AT HOME** *Thursday, December 1 @ 1:30 pm (held at Truro COA)*

The Provincetown and Truro COA's co-host this workshop for seniors, caregivers and families to help identify useful resources, tips and services in maintaining independence, as well as factors that may cause reluctance in asking for help and deciding when it may no longer be possible to remain at home. Presented by Melissa Roberts Weidman, Hope Health Director of Community Relations/Outreach. Free. RSVP by 11/30 if you'd like a ride.

### **DECOUPAGE** *Fridays, December 2, 9 & 16 ~ 9:00 - 11:00 am*

Ruthie's back! Looking for unique holiday gift ideas? How about creating a beautiful treasure or gift box? We will have everything you need including the cigar boxes! Free program with Ruthie Rogers. RSVP by 12/1.

### **AUTHORS' SERIES** *Thursday, December 8 @ 1:30 pm*



Kathleen Henry discusses and reads from her novel, You, You, where a 60+ year old woman in Provincetown for a writing class visits a local church and discovers a nameplate affixed to her pew - inscribed with her own name, dated 1867. Reception for the author will follow the reading. RSVP by 12/7.

### **DEMYSTIFYING DEMENTIA** *Wednesday, December 14 @ 1:15 pm*

Join Patricia Collins, Director of Community Outreach for the Alzheimer's Family Support Center, to learn about dementia, including risk factors, newly identified high risk groups, distinctive symptoms and its financial impact. Learn dementia-friendly communication skills and how to support those with the disease. Open to anyone who may be navigating cognitive loss including families, professionals and others. Free. RSVP by 12/13.

### **STILL WILLOW** *Thursday, December 15 @ 1:30 pm*

Our Music Salon returns welcoming the duet of Kim Moberg and Ric Allendorf who will entertain us acoustically with their vocals and guitar; serenading us with folk, Americana and holiday favorites. Free. RSVP by 12/13.

### **KNITTING WITH ANDREA** *Thursdays @ 3:00 pm*

Friendly conversation and relaxation in our lounge. Some materials available. Free. Light refreshments. No RSVP.

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

### **THE BREAKFAST BUS** *Tuesday, December 6 @ 9:00 am*

Breakfast at Eastham's Fairway Restaurant then continue the fun with a drop-off at your favorite Orleans destination...TJ Maxx, Snow's, CVS, Staples, bowling, skating or others. Food: \$8+. Bus: \$5. RSVP by 12/1.

### **OUT TO LUNCH: TASTY BUFFET** *Tuesday, December 13 @ 10:00 am*

Tasty Buffet in West Yarmouth offers a huge selection. Food: \$7.50+. Bus: \$5. RSVP by 12/8.

### **TOAD HILL CLASSIC CAR MUSEUM & LUNCH** *Tuesday, December 20 @ 9:00 am*

View 50+ classic sports cars in this Hyannisport museum (and they're ALL red) then lunch at the Yarmouth House. Museum: \$6. Food: \$11+. Bus: \$5. RSVP by 12/15.



### **SEE THE DAY: BREWSTER & LAURINO'S** *Tuesday, December 27 @ 9:30 am*

Travel the back roads and see Brewster landmarks. Lunch at Laurino's. Food: \$10+. Bus: \$5. RSVP by 12/22.

### **SEE THE DAY: PROVINCETOWN** *Thursday, December 29 @ 2:30 pm*

Tour the beauty of our special town as we share holiday stories. Bus: \$1. RSVP by 12/27.

**TO RSVP OR FOR MORE INFORMATION: 508-487-7080**

*Programs are subject to change. Times for "Out & About" indicate approximate pick-up time. Bus donation amounts are suggested. Any contribution is appreciated to maintain our vehicles!*

**OUTREACH UPDATES** *Andrea Lavenets*

While at a conference recently, I learned that we outlive our safe driving age by 8-10 years! Aging is inevitable but growing older doesn't mean you have to give up an active life. Traffic safety is vital for drivers of all ages but older drivers experience physical changes that can affect driving ability—changes in vision, reaction time and flexibility.

All drivers of all ages should pay attention to vision, cognition, fitness, medication and when to stop driving. Getting regular eye exams is important and if you are having trouble with glare, try limiting your driving to daytime hours. Reacting to a situation while driving involves three steps: sensing, deciding and acting. As you age, each step takes longer but there are ways to compensate naturally by leaving more room in between cars, eliminating distractions and going over your route ahead of time. Simply taking a brisk walk every day may help make you a safe driver as driving is a physical activity and a driver who gets no physical exercise may not have the strength, flexibility or coordination to operate safely. Always speak with your doctor regarding your current medications and interactions that could interfere with driving. You are never too young to assess your driving skills.

There are transportation options available for those who are no longer driving, including the COA bus and our Title III grant program for medical appointment rides. If you need transportation assistance, please call me for information.

*With appreciation to...*

...all of you who make the COA such a special place: our Board, the Friends, volunteers, instructors, our partners in Town government and in the community and everyone who has come through our doors this year, either for the first time or as a returning guest. We are honored to serve you and appreciate your support every day of the year. Many thanks, too, to all of our anonymous "angels" who contribute in many ways throughout the year. Your kind generosity has made many lives brighter and we thank you.



**MEDICARE OPEN ENROLLMENT**

**ENDS DECEMBER 7!**



Call now for an appointment with a SHINE counselor—don't delay!

**WINTER WEATHER POLICY**



*If Provincetown Schools are closed, COA programs and rides will be cancelled. The COA office will be open and staff available.*

*If the Town of Provincetown offices are closed, the COA 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 you're not sure, call us to check.*

**COUNCIL ON AGING BOARD**

- Amy Howell (Chair)
- David Ketchum (Vice-Chair)
- Chris Asselin (Clerk)
- Michelle Foley
- 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

# DECEMBER 2016

*Bold is new program*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>COA 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>APPOINTMENTS</u></b>  <b>HEARING</b>  <b>508-255-1285</b>  <b>SHINE</b>  <b>508-487-7080</b>  <b>VETERANS</b>  <b>AGENT</b>  <b>508-487-7099</b></p>		<p>Stop &amp; Shop* 9:30<sup>1</sup>            Library* 10:00            Stretch Yoga 10:30            Open Studio 1-4:00  <b>Independence</b>1:30            Knitting 3:00            Grace Notes 3:00            Veterans Agent*</p>	<p><b>Decoupage*9:00</b> <sup>2</sup>            Writing            Connection10:00            SHINE*</p>
<p>Hyannis* 8:30 <sup>5</sup>            Stretch &amp; Strength            10:15            COA Radio Show            WOMR 92.1 fm            12:30            Social Services*            SHINE*</p>	<p>Yoga 9:00 <sup>6</sup>  <b>Breakfast Bus* 9:00</b>            Painting* 9:30            Movie 1:00            Bridge 1:00            Buried in            Treasures* 1:30            Veterans Agent*</p>	<p>Drawing* 9:30 <sup>7</sup>            Strength Training            10:15            Blood Pressure/            Glucose/Ask-            A-Nurse 11-1:00            Lunch* Noon            Travelogue 1:15</p>	<p>Stop &amp; Shop* 9:30 <sup>8</sup>            Library* 10:00            Stretch Yoga 10:30            Open Studio 1-4:00  <b>Author Series*1:30</b>            Knitting 3:00            Grace Notes 3:00            Veterans Agent*            Podiatrist*</p>	<p>Decoupage*9:00 <sup>9</sup>            Writing            Connection10:00</p>
<p>Hyannis* 8:30 <sup>12</sup>            Stretch &amp; Strength            10:15            Social Services*</p>	<p>Yoga 9:00 <sup>13</sup>            Painting* 9:30  <b>Out to Lunch*</b>  <b>10:00</b>            Movie 1:00            Bridge 1:00            Buried in            Treasures* 1:30            Veterans Agent*</p>	<p>Drawing* 9:30 <sup>14</sup>            Strength Training            10:15            Lunch* Noon            Legal Aid* 1:00  <b>Demystifying</b>  <b>Dementia* 1:15</b>            Tech Help 1-2:00</p>	<p>Stop&amp;Shop*9:30 <sup>15</sup>            Library* 10:00            Stretch Yoga 10:30            Open Studio 1-4:00  <b>Music Salon* 1:30</b>            Knitting 3:00            Grace Notes 3:00            Veterans Agent*</p>	<p>Decoupage*9:00 <sup>16</sup>            Writing            Connection10:00</p>
<p>Hyannis* 8:30 <sup>19</sup>            Stretch &amp; Strength            10:15            Social Services*</p>	<p>Yoga 9:00 <sup>20</sup>            Men's Breakfast*            9:00 at Seashore Pt  <b>Car Museum* 9:00</b>            Movie 1:00            Bridge 1:00            Buried in            Treasures* 1:30            Veterans Agent*</p>	<p>Strength Training<sup>21</sup>            10:15  <b>Holiday Lunch*</b>  <b>Noon</b>            Hearing* 1:00            Story Swap 1:00</p>	<p>Stop&amp;Shop*9:30 <sup>22</sup>            Library* 10:00            Stretch Yoga 10:30            Open Studio 1-4:00            Knitting 3:00  <b>Fa La La* 3:30</b>            Veterans Agent*            Podiatrist*</p>	<p>Writing <sup>23</sup>            Connection10:00</p>
<p><b><u>CENTER</u></b> <sup>26</sup>  <b><u>CLOSED</u></b></p> 	<p>Yoga 9:00 <sup>27</sup>  <b>See the Day* 9:30</b>  <b>Movie with Rec</b>  <b>Dept 1:00</b>            Bridge 1:00            Buried in            Treasures* 1:30            Veterans Agent*</p>	<p>Strength Training<sup>28</sup>            10:15  <b>New Year's</b>  <b>Lunch* Noon</b>            Tech Help 1-2:00</p>	<p>Stop&amp;Shop*9:30 <sup>29</sup>            Library* 10:00  <b>Meditation* 10:00</b>            Stretch Yoga 10:30            Open Studio 1-4:00  <b>See the Day* 2:30</b>            Knitting 3:00            Grace Notes 3:00            Veterans Agent*</p>	<p>Writing <sup>30</sup>            Connection10:00</p>



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2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRST STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## WORD SEARCH

K M S Y C V Y H Y R U E Y C G  
R W C O D R A R P W U C P Z E  
D L A B S K C X R O L I P S V  
S S D N K A N E E E W T A E Z  
K V T U Z A M E C K M S H I N  
B H N S Z A J T W Z R L T H Y  
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H S R A E Y O J T I X S Q Y L  
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JOY  
PEACE  
LOVE  
MERRY  
HAPPY  
HOLIDAYS  
LIGHTS  
WINTER  
SOLSTICE  
CHRISTMAS  
HANUKKAH  
KWANZAA  
NEW  
YEAR'S  
EVE

