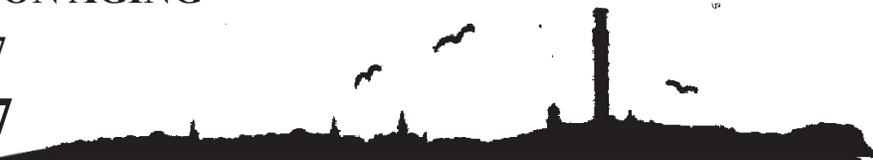


# PROVINCETOWN COASTLINES

## PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street  
Provincetown, MA 02657

### JANUARY 2017



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)



## *Welcome to Coastlines!*

Traditions abound this time of year, including that of the (in)famous New Year's resolution. The practice has roots in the histories of most cultures and religions with the common denominator being an annual reflection upon self-improvement.

Fun facts about resolutions from Wikipedia ([en.wikipedia.org/wiki/New\\_Year's\\_resolution](http://en.wikipedia.org/wiki/New_Year's_resolution)):

- \* 40-50 % of Americans make resolutions
- \* The most common goals are related to improved physical well-being
- \* 88% of those who set resolutions fail
- \* Men have a better chance of achieving their resolution if they set goals
- \* Women's chances of succeeding at resolutions increase if they get support from friends

This year, let us help you succeed in reaching your resolution by recommending that you set only one goal - to become more active at the Center! This resolution has something for everyone. Whether you want to take better care of yourself, enjoy life more, learn something new, laugh more often, reduce stress, get out of your usual routine, make new friends, get to know other parts of the Cape, share meals with others, get your body and brain moving more, help others...whatever is important to you, we have it here. If we don't, let us know and we'll work on it!

As 2017 dawns, we are looking forward to another year of welcoming new people to the Center and continuing to see those of you that are already a part of things here. Last year, we offered 188 programs and services, a 15% increase! We anticipate another year of growth ahead and are looking forward to seeing you along the way as you seek to achieve your New Year's resolution!

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



**TRAVELOGUE:  
CANADIAN ROCKIES**

*Wednesday, January 4  
1:15 pm*

This month's theme is a motor coach tour including a trip to the famous Calgary Stampede. Come & enjoy this slideshow with host, Larry Moodry.

**JOIN US AT THE MOVIES!**

***TUESDAYS @ 1:00 pm***  
***Free movie and popcorn!***

**January 3: "Café Society"**

In the 1930's, a young man migrates to Los Angeles and quickly is drawn to the world of Hollywood.  
Jeannie Berlin, Steve Carell, Jesse Eisenberg  
Comedy / 96 minutes / 2016 / PG-13

**January 10: "City of Gold"**

Acclaimed food writer, Jonathan Gold, explores the regional and trademark dishes of Los Angeles.  
Jonathan Gold  
Documentary / 90 minutes / 2016 / R

**January 17: "Eat That Question:  
Frank Zappa in His Own Words"**

A fascinating biography of this avant-garde musician with personal interviews and concert footage.  
Frank Zappa  
Documentary / 88 minutes / 2016 / R

**January 24: "My Big Fat Greek Wedding 2"**

This sequel comes with a new set of crises and secrets of the ever comical Portokalos clan.  
Nia Vardalos, John Corbett, Lainie Kazan  
Comedy / 94 minutes / 2016 / PG-13

**January 31: "Ghostbusters"**

This time, the women lead the charge as ghosts take over Manhattan.  
Melissa McCarthy, Kristen Wiig, Kate McKinnon  
Comedy / 116 minutes / 2016 / PG-13



**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 LUNCHEES*  
*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...

### **POST TO BOAST**

Want to brag about those grandchildren, nieces, nephews, the neighbor kids? Help us start our Post to Boast picture board by bringing in photos of your little loved ones - we'll scan the photo, you'll take it back and we'll post the copy to our Boast Board for all to enjoy.



### **PAINTING WITH STEVE KENNEDY** *Tuesdays, 9:30 am-12:30 pm beginning January 3*

A 6-class session intended for students with some painting experience. Often seen painting "en plein air", Steve is a renowned Cape artist who offers individual instruction during these 3-hour classes. Registration is required, call Maureen for cost and materials list.

### **DRAWING WITH KATHI SMITH** *Wednesdays, 9:30 am-12:30 pm beginning January 4*

"No Fear Drawing," 6 weekly classes, teaches drawing techniques based on observational skills, how to "see" through new eyes and put what you see on paper in a supportive atmosphere. Kathi is a well-known local artist, accomplished in several mediums. Registration is required, call Maureen for cost and materials list.

### **AUTHORS' SERIES: A.C. BURCH** *Thursday, January 12 @ 1:30 pm*

Our featured novelist this month is A.C. Burch, presenting his book, The Homeport Journals where you may recognize characters portrayed decades back when older Portuguese women rented rooms to younger artists and writers and dear friendships were born. A.C. won the 2016 grand prize from "Authors Talk About It" website. Free. Reception for author follows the reading. RSVP by 1/10.

### **AFTERNOON MUSIC SALON: JIM BROSSAU** *Thursday, January 19 @ 1:30 pm*

Join Jim Brosseau, one of our favorite 'sing along' pianists, as he plays the "Americana" songbook: songs we all know and love to sing along with, folk songs and more. Free. Light refreshments. RSVP by 1/17.

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

Join the circle! 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, January 3 @ 9:00 am*

The Keltic Kitchen in West Yarmouth serves a hearty Irish style breakfast. Then on to Orleans to shop, browse or walk a bit afterward. Food: \$7+. Bus: \$5. RSVP by 12/29.

### **CAPE COD ART ASSOCIATION** *Tuesday, January 17 @ 9:00 am*



"A Class Act" exhibits CCAA student works. We will be given a tour by a knowledgeable docent and then lunch at Barnstable's famous Dolphin Restaurant. Food: \$12+. Bus: \$5. RSVP by 1/12.

### **OUT TO LUNCH** *Tuesday, January 24 @ 10:30 am*

Hunan Garden Gourmet in Orleans. Chinese and Szechuan food menu. Food: \$8+. Bus: \$3. RSVP by 1/19.

### **SEE THE DAY: ORLEANS & BREWSTER** *Tuesday, January 31 @ 10:00 am*

Visit Nauset Farm gourmet shop, farm stand and grocery store. Lunch at Ardeo's Mediterranean Restaurant and tour some of Orleans' attractions. Food: \$10+. Bus: \$3. RSVP by 1/26.

### **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**

As the weather gets colder I would like to take the time to remind you of two public safety programs that are available.

**CivicReady:** The Town of Provincetown has a notification system that calls citizens in the event of an emergency such as severe weather, power outage or a boil water order. The system replaced CodeRED and will send a recorded phone message, e-mail or text to anyone who has registered. If you were previously registered with CodeRED and have yet to sign up with CivicReady, I suggest you do so. If you would like to register, go to the Town website at:

www.provincetown-ma.gov and click on “Sign up for alerts” on the home page. CivicReady requires an e-mail address to register. If you do not have an e-mail address or need assistance registering for any reason please call me and I will gladly assist in the process.

**Storm Reassurance Program:** The Provincetown Council on Aging and the Provincetown Police Department maintain a list of seniors who may require extra assistance in instances of severe weather, power outage, or other public emergencies. Participants will be contacted to determine that they are safe, have adequate supplies, or are in need of support. If you live alone, are disabled, use oxygen or other special medical equipment or feel you could benefit from this program for any reason please call me at 487-7080 to sign up for this program.

During weather emergencies, power outages, etc. the town may open the shelter here at the VMCC. Take time to prepare early so that you are not caught off-guard. Remember to bring ID’s, medical information, medicines, glasses, emergency information, snacks if you have special dietary needs, entertainment, toiletries, bedding, clothing, chargers, and pet supplies and records if applicable.

*With appreciation to...*



...all who contributed to making the David Asher Holiday Dinner such a special day.

One of Provincetown’s treasured traditions, we thank the Provincetown Business Guild and their band of volunteers led by Robin Reid, as well as the Lower Cape Concert Band, Town officials and all of you for joining us!

...Bill Goodbody, our SHINE counselor, for going above and beyond in volunteering extra time during the Medicare Open Enrollment period to ensure that those who wanted assistance could get the information needed.

...to everyone who donated to the Friends of the Provincetown COA’s annual appeal. Your kind generosity enables us to offer all of the programs and services that we do. We couldn’t do it without you!

**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

# JANUARY 2017

*Bold is new program*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b><u>CENTER</u></b> <b><u>CLOSED</u></b></p> <p>for New Year's</p>	<p>3</p> <p>Yoga 9:00 <b>Breakfast Bus* 9:00</b> <b>Painting* 9:30</b> Movie 1:00 Bridge 1:00 Buried in Treasures* 1:30 Veterans Agent*</p>	<p>4</p> <p><b>Drawing* 9:30</b> Strength Training 10:15 Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00 Lunch* Noon Travelogue 1:15</p>	<p>5</p> <p>Stop &amp; Shop* 9:30 Library* 10:00 Stretch Yoga 10:30 Open Studio 1-4:00 Knitting 3:00 Grace Notes 3:00 Veterans Agent*</p>	<p>6</p> <p>Writing Connection 10:00</p>
<p>9</p> <p>Hyannis* 8:30 Stretch &amp; Strength 10:15 COA Radio Show WOMR 92.1 fm 12:30 Social Services*</p>	<p>10</p> <p>Yoga 9:00 Painting* 9:30 Movie 1:00 Bridge 1:00 Buried in Treasures* 1:30 Veterans Agent*</p>	<p>11</p> <p>Drawing* 9:30 Strength Training 10:15 Lunch* Noon Legal Aid* 1:00 Tech Help 1-2:00</p>	<p>12</p> <p>Stop &amp; Shop* 9:30 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>13</p> <p>Writing Connection 10:00 SHINE*</p>
<p>16</p> <p><b><u>CENTER</u></b> <b><u>CLOSED</u></b></p> <p>for Martin Luther King Day</p>	<p>17</p> <p>Yoga 9:00 Painting* 9:30 <b>CCAA* 9:00</b> Movie 1:00 Bridge 1:00 Buried in Treasures* 1:30 Veterans Agent*</p>	<p>18</p> <p>Drawing* 9:30 Strength Training 10:15 Lunch* Noon Hearing* 1:00 Story Swap 1:00</p>	<p>19</p> <p>Stop &amp; Shop* 9:30 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>20</p> <p>Writing Connection 10:00</p>
<p>23</p> <p>Hyannis* 8:30 Stretch &amp; Strength 10:15 Social Services* SHINE*</p>	<p>24</p> <p>Yoga 9:00 Men's Breakfast* 9:00 at Seashore Pt <b>Out to Lunch* 10:30</b> Movie 1:00 Bridge 1:00 Buried in Treasures* 1:30 Veterans Agent*</p>	<p>25</p> <p>Drawing 9:30 Strength Training 10:15 Lunch* Noon Tech Help 1-2:00</p>	<p>26</p> <p>Stop &amp; Shop* 9:30 Library* 10:00 Stretch Yoga 10:30 Open Studio 1-4:00 Knitting 3:00 Veterans Agent* Podiatrist*</p>	<p>27</p> <p>Writing Connection 10:00</p>
<p>30</p> <p>Hyannis* 8:30 Stretch &amp; Strength 10:15 Social Services* SHINE*</p>	<p>31</p> <p>Yoga 9:00 <b>See Orleans* 10:00</b> Movie 1:00 Bridge 1:00 Buried in Treasures* 1:30 Veterans Agent*</p>		<p><b><u>COA</u></b> <b><u>HOURS</u></b></p> <p><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><u>HEARING</u></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>



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRST STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## WORD SEARCH



H I A I Q E W N R N P C G Z H  
A T M P E N B M A G A R N E T  
P E R U G O Q I H R G U Z G P  
P B I I B T X D N K J T P L F  
Y Q C O B S D A I V K X E X K  
E W Q R S Z T L K I E J H E V  
L J A E Y I E R V F G L G L D  
J E V L O T E E N W L N Q Q M  
Y E J N V K G T Y P U O Z M U  
N J P V Y N K N Y L X Z W V C  
R A L O P T E I P I I M U E V  
J V K A Y V N W K I I A D O R  
Q I W R O X E E U J I N J C W  
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HAPPY  
NEW  
YEAR  
TWENTY  
SEVEN  
TEEN  
WINTER  
POLAR  
PLUNGE  
JANUARY  
BIRTH  
STONE  
GARNET  
FLOWER  
CARNATION