

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

FEBRUARY 2017

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

508-487-7080

www.provincetown-ma.gov



Welcome to Coastlines!

It is with great pleasure that we announce that Nancy Dooley has joined us as the COA Cook / Meal Coordinator. Nancy will manage our weekly lunches (the "Lunch Bunch" on Wednesdays!) and oversee new meal programming as well. She brings ten years of experience as a Nutrition Site Manager for Elder Services of CC&I with her and we know she will do a great job. Please join us in welcoming Nancy to her new position!

We invite you to join us on Wednesdays at noon for lunch. It's a wonderful time to share a meal with friends, old and new in a relaxed, pleasant setting (including our new comfy chairs and beautiful tables, thanks to the Friends of the COA!). We have special celebrations for holidays and our Program Coordinator, Char Priolo, is always planning surprises, including live music and corny jokes! To sign up for lunch, please call us at 508-487-7080 by the Friday before. Suggested donation is \$3 but no one is turned away.

Speaking of holidays, our friends at the Provincetown Police Department are hosting a Valentine's lunch for seniors so check out the info below and join us for that as well. Hope to see you at the Center!

~ Chris



VALENTINE'S LUNCH WITH THE POLICE DEPARTMENT

Thursday, February 9 at Noon

At what has become a "much looked forward to" tradition, the Provincetown Police Department will host a free lunch for seniors in the COA Dining Room.

Enjoy a hearty meal that is prepared and served just for you by members of the Department.

Always a lot of fun and a great opportunity to get to know your dedicated officers.

RSVP required by February 6: 508-487-7080.

Let us know when you call if you would like a ride.

Much appreciation to the Police Department for hosting this special event!



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



TRAVELOGUE:
ICELAND

Wednesday, February 1
@ 1:15 pm

The youngest part of our planet in the universe is Iceland! World traveler Larry Moodry will present a DVD excursion to this fascinating destination - come and enjoy!

JOIN US AT THE MOVIES!

TUESDAYS @ 1:00 pm
Free movie and popcorn!

February 7: "45 Years"

Plans for a couple's anniversary party are upset by the discovery of a body found in the Alps identified as the husband's long-ago love. A portrait of a long marriage with its share of buried secrets and feelings. Charlotte Rampling, Tom Courtenay
Drama / 95 minutes / 2015 / R

February 14: "Love Finds You in Valentine"

A California woman inherits a ranch in the small town of Valentine, Nebraska and spends the summer there to learn more about her family. Michaela McManus, Lindsay Wagner
Drama / 87 minutes / 2016 / Not Rated

February 21: "Florence Foster Jenkins"

Despite a horrible singing voice, a New York heiress believes she can become an opera star while her partner/manager tries to shield her from the truth. Meryl Streep, Hugh Grant
Drama / 80 minutes / 2016 / PG-13

February 28: "Love & Friendship"

In this adaptation of a Jane Austen novella, a scheming widow retreats to her in-laws' rural estate while waiting for scandalous rumors about her to subside. Soon she is looking for a husband as well as one for her daughter. Kate Beckinsale, Chloe Sevigny
Comedy / 92 minutes / 2016 / 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 & RESOURCE 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
GARDEN COLLAGE with Ruthie Rogers
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 BUS
"LUNCH BUNCH" WEEKLY LUNCHESES
MEN'S BREAKFAST
OUT TO LUNCH



RELAX

AUTHORS' SERIES / MUSIC SALONS
HANG OUT IN THE LOUNGE OR MEDIA CENTER
COA RADIO SHOW ON WOMR / EVENTS ON PTV
MOBILE LIBRARY
WEEKLY MOVIES

GET SUPPORT & ASSISTANCE

**COA OUTREACH ~ HOME OR OFFICE VISITS*
**FOOD PANTRY *LEGAL ASSISTANCE *SHINE*
**MEDICAL EQUIPMENT *SOCIAL SERVICES*
**STORM REASSURANCE *TAX ASSISTANCE*

JOIN US AT THE COA...

HEALING FROM LOSS *Thursdays @ 2:30 pm beginning February 2*

This grief educational series and support group for adults is open to anyone who has lost a spouse or partner, family member or friend to death in the last two years. It offers a safe, supportive and confidential place to learn about the grief process, share your experience of loss and move toward healing and hope. This free group, led by Brooks Reinhold, Bereavement Coordinator, Beacon Hospice, runs through April 6, 2:30-4:00 p.m. Registration required: Call Brooks at 508-221-1009, ext. 115 or e-mail: brooks.reinhold@amedisys.com.

GARDEN COLLAGE *Mondays @ 2:00 pm beginning February 6*

What better way to feel like spring is on its way than by creating a garden? In this weekly 2-hour class, local artist Ruthie Rogers will teach you how to make your own “fantasy” garden collage. Free, supplies provided, no experience necessary, all levels welcome.



AUTHORS' SERIES: MARILYN COLBURN *Thursday, February 9 @ 1:30 pm*

We're excited to welcome Marilyn, presenting her book, *Maudie and Sophie*, about a spunky 70-something and her gal-pal who uncover elder abuse, face a wrong-doing family member and meet head-on with the mob, taking their case for seniors' rights all the way to Congress! Join us for this special free event.

AFTERNOON MUSIC SALON: NICK PANGAKIS *Thursday, February 16 @ 1:30 pm*

Our music maker this month Nick Pangakis, a Harwich resident entertaining on the Cape and South Shore for many years, will fill our room and hearts with voice and guitar. He's a grandparent, too, like many of us! Free.

SAMARITANS PRESENTATION *Tuesday, February 21 @ 10:00 am*

You may have heard of the Samaritans of Cape Cod, but are you familiar with their programs? Their many services include a Senior Outreach program for older adults. Learn more at this presentation. RSVP by 2/17.

KNITTING WITH ANDREA *Thursdays @ 3:00 pm*

Join the circle! Friendly conversation and relaxation in our lounge. Free. Light refreshments. No RSVP.

PAINTING WITH STEVE KENNEDY / DRAWING WITH KATHI SMITH

New 6-week sessions start this month for both classes. Call Maureen to sign up or for fee/materials info.

TAX ASSISTANCE

Beginning in February, AARP volunteers will offer assistance to seniors in completing simple tax returns. Free, confidential. Appointments required - call soon, space is limited.

...OR GET “OUT & ABOUT” ON THE COA BUS!

THE BREAKFAST BUS *Tuesday, February 7 @ 9:00 am*

One of our favorites-breakfast at Grumpy's in Dennis! Food: \$6.50+. Bus donation: \$5. RSVP by 2/2.

COTUIT CENTER FOR THE ARTS *Tuesday, February 14 @ 9:00 am*



This Valentine's Day, the “Into the Fire” exhibit revolves around the art of heat and designs of fire. We will lunch at Wicked Restaurant in Mashpee afterward. Gallery donation: \$5. Food: \$10+ Bus donation: Free. RSVP by 2/9.

OUT TO LUNCH: NOBLE HOUSE *Tuesday, February 21 @ 10:30 am*

Japanese-style hibachi lunch specials as well as sushi and sashimi. Food: \$11+. Bus donation: \$5. RSVP by 2/9.

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

In 1964, President Lyndon B. Johnson declared the first American Heart Month. Ever since then, the month of February has been dedicated to cardiovascular health. According to Ralph Sacco, M.D., “Studies have shown that the risk factors that can lead to heart disease and stroke, such as high blood pressure, physical inactivity, and obesity, also contribute to dementia, Alzheimer’s disease, memory loss and cognitive dysfunction.”

It is important to know the warning signs of heart disease which may include: feeling faint, weakness or a sensation of light-headedness, having a hard time catching your breath, feeling nauseous or vomiting, feeling full or having indigestion, pain in the chest or an uncomfortable pressure, unusual pains in the back, neck and shoulder, sweating, and an irregular heart-beat.

The American Heart Association has developed a simple, seven-step list to help people live a longer, more productive, and healthier life.

- *Manage blood pressure
- *Control cholesterol
- *Reduce blood sugar
- *Get active
- *Eat better
- *Lose weight
- *Stop smoking



These measures have one unique thing in common: any person of any age can make these changes. The steps are not difficult to take, and even modest health improvements will make a big difference.

Come on by the COA and see what we have to offer. We host a blood pressure clinic the first Wednesday of the month, have presentations on nutrition and offer fitness classes, all of which can all help your heart.

With appreciation to...

...all of the volunteers who have so ably managed the weekly lunch program while we were seeking a new Cook/Meal Coordinator. Many thanks, too, to those in the community who offered a helping hand, especially Gary Pasnick of the East End Market and Liz Lovati of Angel Foods.



2017 SENIOR OF THE YEAR

Nominations are being accepted for the 2017 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 to:

Chris Hottle, COA, 2 Mayflower St. 02657 or
 chottle@provincetown-ma.gov
 by March 28.

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

FEBRUARY 2017

Bold is new program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Drawing* 9:30 1 Strength Training 10:15 Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00 Lunch* Noon Board Mtg 1:30 Travelogue 1:15	Stop & Shop* 9:30 2 Library* 10:00 Stretch Yoga 10:30 Open Studio 1-4:00 Grief Support*2:30 Knitting 3:00 Grace Notes 4:00 Veterans Agent*	Writing 3 Connection10:00
Hyannis* 8:30 6 Stretch & Strength 10:15 COA Radio Show WOMR 92.1 fm 12:30 Collage 2:00 Social Services*	Breakfast Bus* 9 7 Yoga 9:00 Painting* 9:30 Movie 1:00 Bridge 1:00 Buried in Treasures* Veterans Agent*	Drawing* 9:30 8 Strength Training 10:15 Lunch* Noon Legal Aid* 1:00 Tech Help 1-2:00	Stop & Shop* 9:30 9 Library* 10:00 Stretch Yoga 10:30 Police Lunch* Noon Open Studio 1-4:00 Grief Support*2:30 Authors Series*1:30 Knitting 3:00 Grace Notes 4:00 Veterans Agent* Podiatrist*	Writing 10 Connection10:00
Hyannis* 8:30 13 Stretch & Strength 10:15 Collage 2:00 Social Services* SHINE*	Cotuit Arts*9:00 14 Yoga 9:00 Movie 1:00 Bridge 1:00 Buried in Treasures* Veterans Agent*	Strength Training 15 10:15 Lunch* Noon Hearing* 1:00 Story Swap 1:00	Stop&Shop*9:30 16 Library* 10:00 Stretch Yoga 10:30 Open Studio 1-4:00 Music Salon* 1:30 Grief Support*2:30 Knitting 3:00 Grace Notes 4:00 Veterans Agent*	Writing 17 Connection10:00
CENTER CLOSED 	20 Yoga 9:00 21 Men's Breakfast* 9 Painting* 9:30 Samaritans* 10:00 Out to Lunch*10:30 Movie 1:00 Bridge 1:00 Buried in Treasures* Veterans Agent*	Drawing 9:30 22 Strength Training 10:15 Lunch* Noon Tech Help 1-2:00	Stop&Shop*9:30 23 Library* 10:00 Stretch Yoga 10:30 Open Studio 1-4:00 Grief Support*2:30 Knitting 4:00 Grace Notes 4:00 Veterans Agent*	Writing 24 Connection10:00
Hyannis* 8:30 27 Stretch & Strength 10:15 Collage 2:00 Social Services* SHINE*	Yoga 9:00 28 Painting* 9:30 Movie 1:00 Bridge 1:00 Buried in Treasures* Veterans Agent*		COA HOURS MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON	APPOINTMENTS HEARINGS 508-255-1285 MEALS ON WHEELS 508-349-2658 VETERANS AGENT 508-487-7099



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSR STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

“Things to do in February”



T S E R O F C Q S P V M W C G
E N J O Y E S H Z W A X Y N D
W H T I W T U Y O G O A T V A
O H D L G A K I I C E N Q V Q
A Q V F W K W C P C O S S H R
F S C R P S A F I R R L H J K
R C L I W L I I S S E T A H D
K F Z E O R B Z Z E V B C T W
G N J N E C J B L D V E Y A E
R P Z D E P S E E E E T E M Y
X A Z S R N C D H B F O Y Z H
P P R R M I R Y O T U H N X C
B M E C S Y R J V F Y G L F F
Y P A I L R J N U M V B O O V
Z O D F A J C Z U W J A K B X

READ
BY THE
FIRE
HOT
CHOCOLATE
WITH
FRIENDS
ICE
SKATE
BEECH
FOREST
ENJOY
MAGICAL
SNOW
SLEEP