

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

OCTOBER 2017

CHRIS HOTTLE, MSW - *DIRECTOR*
ANDREA LAVENETS - *OUTREACH COORDINATOR*
MAUREEN HURST - *ADMINISTRATIVE ASSISTANT*
DONNA SZEKER - *VAN DRIVER / OFFICE ASSISTANT*
RICK SHAW - *PROGRAM COORDINATOR*
NANCY DOOLEY - *COOK / MEAL COORDINATOR*
CARLA MANCINO - *PROGRAM ASSISTANT*

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

HAPPY OCTOBER!

There's lots to celebrate this fall as we enjoy the beauty of the season.

We are happy to put out the welcome mat for two new members of the COA team. Donna Szeker has joined us as our Van Driver/Office Assistant and Rick Shaw as our Program Coordinator.

Both Donna and Rick have experience in human services as well as a strong commitment and interest in serving older adults. We are thrilled to have them here so please join us in welcoming them.

This season we also celebrate our 2017 Seniors of the Year with a luncheon in their honor. Please join us...details below!

~ Chris



2017 SENIOR OF THE YEAR LUNCHEON

HONORING BEATA COOK & MARIAN GOVEIA

THURSDAY, NOVEMBER 2 @ NOON

Seashore Point Dining Room

Rides available on the COA bus

Luncheon RSVP required by October 25:

508-487-7080



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



TRAVELOGUE

*Wednesday, October 4
1:15 pm*

“SAFARI: SOUTH AFRICA & ZIMBABWE”

A dvd presentation with host and world traveler, Larry Moodry.

STAY ACTIVE

*CHAIR YOGA with Christine Frisco
PING PONG
STRENGTH TRAINING with Dot Sanderson
STRETCH & STRENGTH with Dot Sanderson
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 / CARD ROOM
BRAIN GAMES IN MEDIA CENTER*



TAKE A RIDE

*HYANNIS / PROVINCETOWN
OUT & ABOUT EXCURSIONS
STOP & SHOP / PROVINCETOWN LIBRARY
MEDICAL APPOINTMENTS CAPE-WIDE*

CREATE & LEARN

*GRACE NOTES CHORUS &
UKULELES with Mary Abt
STORY SWAP with Dan Lynch
TECH SUPPORT with Ed Terrill
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson*

ENJOY A MEAL

*“LUNCH BUNCH”: WEEKLY LUNCH @ COA
BREAKFAST BUS / OUT TO LUNCH*

RELAX

*KNITTING CIRCLE
HANG OUT IN THE LOUNGE
OR IN THE MEDIA CENTER
COA RADIO SHOW ON WOMR
COA EVENTS ON PTV
WEEKLY MOVIES*

GET SUPPORT & ASSISTANCE

**COA OUTREACH ~ HOME / OFFICE VISITS
*FOOD PANTRIES *LEGAL ASSISTANCE
*SHINE *MEDICAL EQUIPMENT
*SUPPORT GROUPS *STORM REASSURANCE*

JOIN US AT THE MOVIES

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

October 3: “The Zookeeper’s Wife”

After the Nazis invade Poland, Warsaw Zoo caretakers place themselves in danger when they begin collaborating with the Resistance. Jessica Chastain, Daniel Bruhl
Drama / 126 minutes / 2017 / PG-13

October 10: “Collateral Beauty”

Following a personal tragedy, a man’s colleagues unite to help him out of his depression. Will Smith, Edward Norton
Drama / 96 minutes / 2016 / PG-13

October 17: “The Founder”

Based on a true story, this biopic profiles MacDonald’s founder, Ray Kroc. Michael Keaton, Nick Offerman
Drama / 115 minutes / 2016 / PG-13



October 24: “The Beatles: Eight Days A Week - The Touring Years”

This documentary centers on the Beatles’ touring years using found footage and interviews. Documentary / 106 minutes / 2016 / NR

October 31: “Beetlejuice”

Celebrate Halloween with this classic, dark comedy from Tim Burton. Michael Keaton, Alec Baldwin, Geena Davis
Comedy / 92 minutes / 1988 / PG

JOIN US AT THE CENTER...**CHAIR YOGA *Thursdays @ 10:30 AM***

Christine Frisco offers a gentle, chair yoga class suitable for all. \$8-10/class sliding scale. Join us!

SHINE PRESENTATION *Tuesday, October 17 @ 10:00 am*

A SHINE (Serving Health Insurance Needs of Everyone) representative will discuss 2018 Medicare plans and their changes just in time for the Open Enrollment Period. Get informed now! Free. No sign-up required.

WOMEN'S GROUP ON RADICAL AGING *Tuesdays @ 9:30 am, 10/24 - 11/14*

A 4-week discussion group led by Mary DeRocco designed to energize us as we unpack shared personal/social attitudes that influence our journey through our later decades. Topics include: Our Personal Aging Story; Epicenter of Aging-Our Body; Voice of an Accomplished Life; Community/Action. Free, registration required by 10/18.

DEATH CAFE *Wednesday, October 25 @ 1:30 pm*

Many of us think about it, why not talk about it? This very popular free program offers a relaxed, comfortable setting in which to enjoy refreshments and share conversation about death and dying issues. Facilitated by Beacon Hospice Social Worker Katherine Kopetz. RSVP by 10/20.

HAPPY HALLOWEEN! *Wednesday, October 25 @ Noon*

Celebrate Halloween at our weekly lunch. Costumes encouraged! Lunch donation: \$3/Rides: \$1. RSVP by 10/20.

LOSS AND HEALING WRITING WORKSHOP *Thursdays @ 2:30 pm, 10/26 - 11/16*

We heal ourselves as we tell our stories. The need to have safe places to acknowledge the reality of loss, embrace pain, search for meaning and secure memories is powerful. Beacon Hospice Bereavement Coordinator and author Judy Hunter leads this letter writing workshop. Free, confidential. To register, call Judy at 508-778-1622.

BURIED IN TREASURES *Tuesdays @ 2:00 pm beginning October 10*

Carol Bishop will lead this action-oriented group based on the book of the same title for people concerned about collecting or hoarding. In this 15 session group, you will gain support, learn strategies to de-clutter and ways to change behaviors. Free, confidential. Registration required: call Andrea at the COA at 508-487-7080 by 10/5.

TECH SUPPORT *See enclosed insert for information!***...OR GET "OUT & ABOUT" ON THE COA BUS!****HART FARM IN DENNISPORT *Tuesday, October 10 @ 9:30 am***

Pumpkins, plants, cranberries and more! Lunch at Clancy's. Bus donation: \$5. RSVP by 10/6.

FALL COLORS: TRURO *Thursday, October 12 @ 2:00 pm*

Ride through Truro with a stop for a snack. Bus donation: \$1. RSVP by 10/10.

BREAKFAST BUS *Tuesday, October 17 @ 8:30 am*

The Fairway in Eastham. Suggested bus donation: \$1. RSVP by 10/13.

FALL COLORS: PROVINCE LANDS *Thursday, October 19 @ 2:00 pm*

Beech Forest and a ride through the Province Lands. Bus donation: \$1. RSVP by 10/17.

OUT TO LUNCH *Tuesday, October 24 @ 11:00 am*

Bangkok Thai Restaurant in Orleans. Suggested bus donation: \$5. RSVP by 10/20.

HALLOWEEN GREET & TREAT *Tuesday, October 31 @ 3:30 pm*

We'll pick you up and join the fun as the Rec Department hosts its Greet & Treat for town children at Motta Field. Watch the little ones Trick or Treat and help us hand out candies. Bus donation: \$1. RSVP by 10/29.



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*

Fuel Assistance

Applications are in! The Fuel Assistance Program begins on November 1, 2017 and ends April 30, 2018.

Eligibility is based on gross income, household size, and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal. Also, if you are living in nonsubsidized housing and heat is included in your rent, fuel assistance can reimburse you for a portion of your rent.

If you are interested in applying please call us to schedule an appointment. To complete an application you will need verifications to document income, electric and/or heating bill, mortgage, homeowner’s insurance, real estate taxes or lease, photo ID, and Social Security cards and birthdates for all in the household. For individuals who are unable to come to the Council on Aging, I am available to do home visits. In addition, Janet Beattie, Gosnold Social Services Assistant, will be able to meet with residents of all ages.

For those who have applied in the past, you should have already received your recertification. If you would like us to review this for you prior to mailing it, please call 508-487-7080 to schedule an appointment.



With appreciation to...

...our Friends organization and all who contributed to or bought goodies at the annual Labor Day bake sale. We couldn’t offer all that we do without our dedicated volunteers and supporters. ...all of our summer friends. We will miss you as you return to warmer climates but look forward to your return next year!



THINKING ABOUT SOLAR?

If you’re thinking about going solar, contact the Town Recycling & Renewable Energy Committee for new state program info: RREC02657@gmail.com

IT’S HERE!

The Medicare Open Enrollment Period for Medicare Plans (Part C) and Prescription Drug Plans (Part D) is *October 15 - December 7, 2017*. It is very important to re-evaluate your Medicare options for 2018 during this period.

Our SHINE counselor can assist you with questions and changes. Appointments fill up quickly so don’t put it off. Call now to schedule a free, confidential appointment. You can also attend a presentation by SHINE at the Center on October 17 (see page 3 for details).

COUNCIL ON AGING BOARD

- Amy Howell (Chair)
- David Ketchum (Vice-Chair)
- Chris Asselin (Clerk)
- Julie Knapp
- 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

OCTOBER 2017

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 ² Stretch & Strength 10:15 Radio Show 12:30 WOMR 92.1 fm SHINE*	Yoga 9:00 ³ Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*	Strength ⁴ Training 10:15 Blood Pressure/ Glucose 11-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15 COA Board 1:30	Yoga 9:00 ⁵ Stop&Shop*9:30 Chair Yoga 10:30 Card Room* Noon Grief Support* 2:30 Grace Notes 4:00 Library* Veterans Agent*	Foods to ⁶ Encourage 9-11 Writing Connection10:00
CENTER CLOSED Columbus Day	Yoga 9:00 ¹⁰ Out & About*9:30 Movie 1:00 Bridge 1:00 Buried in Treasures* 2:00 Veterans Agent* Social Services*	Strength ¹¹ Training 10:15 Lunch* Noon Tech Help 1-2:00 Knitting 1:00 Legal Aid 1:00	Yoga 9:00 ¹² Stop&Shop*9:30 Chair Yoga 10:30 Card Room* Noon Out & About* 2 Grief Support* 2:30 Grace Notes 4:00 Library* Veterans Agent* Podiatrist*	Writing ¹³ Connection10:00
Hyannis* 8:30 ¹⁶ Stretch & Strength 10:15 SHINE*	Breakfast Bus* ¹⁷ 8:30 Yoga 9:00 SHINE 10:00 Movie 1:00 Bridge 1:00 Treasures* 2:00 Veterans Agent* Social Services*	Strength ¹⁸ Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:00	Yoga 9:00 ¹⁹ Stop&Shop*9:30 Chair Yoga 10:30 Card Room* Noon Out & About* 2 Grief Support* 2:30 Grace Notes 4:00 Library* Veterans Agent*	Foods to ²⁰ Encourage 9-11 Writing Connection10:00
Stretch & Strength ²³ 10:15 SHINE*	Yoga 9:00 ²⁴ Women's Group* 9:30 Out to Lunch* 11 Movie 1:00 Bridge 1:00 Treasures* 2:00 Veterans Agent* Social Services*	Strength ²⁵ Training 10:15 Halloween Lunch* Noon Tech Help 1-2:00 Knitting 1:00 Death Café* 1:30	Yoga 9:00 ²⁶ Stop&Shop*9:30 Chair Yoga 10:30 Card Room* Noon Loss Writing* 2:30 Grace Notes 4:00 Library* Veterans Agent* Podiatrist*	Writing ²⁷ Connection10:00
Hyannis* 8:30 ³⁰ Stretch & Strength 10:15 SHINE*	Yoga 9:00 ³¹ Women's Group* 9:30 Movie 1:00 Bridge 1:00 Treasures* 2:00 Greet&Treat*3:30 Veterans Agent* Social Services*		APPOINTMENTS <i>HEARING</i> 508-255-1285 <i>MEALS ON WHEELS</i> 508-349-2658 <i>VETERANS AGENT</i> 508-487-7099	COA HOURS MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON



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2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH



S L N M O G R E B O T C O C T
I C O I N R B J U N T P O F S
F O A I K B A Z S V P L L A E
N Z M R D P Q N R O U A S L V
V O Y K E S M Z G M C Q J L R
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OCTOBER
FALL
LEAVES
ORANGE
HARVEST
MOON
SCARECROW
PUMPKIN
HALLOWEEN
BOO
COLUMBUS
NATIONAL
COMING
OUT
DAY