

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

NOVEMBER 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 NOVEMBER!

During this month of thankfulness, the COA staff wants you to know how grateful we are and what an honor it is to serve you. We truly appreciate being able to share a part of each day with you.

We hope that you will join us for our annual traditions as we gather to give thanks together. ~ Chris



THANKSGIVING LUNCH

Wednesday, November 22 at Noon

Join us for a Thanksgiving lunch in our dining room.

RSVP: 508-487-7080 by November 16

Donation: \$3 / Rides Available: \$1 Donation

TREE OF THANKS

Each year we join with Recreation Department Director Brandon Motta, Assistant Director Angel Lammie and the children in the After-School Program to create a Tree of Thanks in the VMCC lobby.

Stop by any time to write something on a leaf for which you are grateful and add it to the tree.

Be a part of making our Tree of Thanks grow and grow!



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



TRAVELOGUE

*Wednesday, November 1
1:15 pm*

"GREECE & TURKEY"

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

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm
Free movie and popcorn!

November 7: "Passengers"

Two people in a spacecraft sleep chamber on a 120-year journey are awakened early after a malfunction.

Jennifer Lawrence, Chris Pratt
Sci-Fi / 116 minutes / 2016 / PG-13

November 14: "Norman: The Moderate Rise and Tragic Fall of a New York Fixer"

A wheeler-dealer's life changes when a politician he once befriended becomes the Prime Minister of Israel.

Richard Gere, Hank Azaria
Drama / 118 minutes / 2017 / R

November 21: "A Quiet Passion"

A biopic of the famously reclusive poet Emily Dickenson's life, some of which was filmed on location at the Dickenson House in Amherst, MA.

Cynthia Nixon, Keith Carradine
Drama / 124 minutes / 2017 / PG-13

November 28: "Beauty and the Beast"

A live action version of the Disney adapted animated feature.

Emma Watson, Dan Stevens
Fantasy / 129 minutes / 2017 / PG



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*

CREATE & LEARN

*COMPUTER CLASSES / TECH HELP with Ed Terrill
DECOUPAGE with Ruthie Rogers
DRAWING with Kathi Smith
GRACE NOTES / UKULELES with Mary Abt
OPEN STUDIO in the Art Room
PAINTING with Steve Kennedy
STORY SWAP with Dan Lynch
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson*

RELAX & SOCIALIZE

*BOARD GAMES / PUZZLES in the Lounge
BRAIN GAMES in the Media Center
BRIDGE / SCRABBLE
KNITTING CIRCLE
MUSIC SALON
WEEKLY MOVIES
HANG OUT in the Lounge or Media Center
COA SHOW on WOMR / COA EVENTS on PTV*

BE WELL

*VNA CLINIC: ASK-A-NURSE, BP, GLUCOSE
HEARING EVALUATIONS
PODIATRIST
WELLNESS & RESOURCE PRESENTATIONS*

ENJOY A MEAL

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

TAKE A RIDE

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

GET SUPPORT & ASSISTANCE

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

JOIN US AT THE CENTER...→ **See insert for NEW ART CLASSES!****MUSIC SALON: NICK PANGAKIS** *Wednesday, November 8 @ 1:30*

The COA Music Salon is thrilled to announce the return of Nick Pangakis. Nick is a Harwich resident who has entertained fans on Cape Cod and the South Shore for over a decade, offering a wide variety of music appealing to all generations. Free. Light refreshments. RSVP by 11/6.

HOLIDAY SUPPORT GROUP *Thursdays, November 16 - December 14, 2:00 - 3:30 pm*

If you have lost a loved one, the holidays can be an especially difficult time. In the midst of feeling your loss, the celebrations and traditions can be painful. This four week support group facilitated by Judy Hunter, Beacon Hospice Bereavement Coordinator, will offer understanding, support and tips to help you survive the season. Free, confidential. Pre-registration required: call Judy at 508-778-1622 by 11/13.

SCRABBLE *Mondays beginning November 6 @ 1:00 pm*

All are welcome! Come in and play on our new deluxe edition board, no sign-up required.

MEMORY SCREENING *Wednesday, November 29*

The Alzheimer's Family Support Center of Cape Cod offers free, confidential memory screenings, a simple evaluation tool to check memory and thinking skills in order to determine whether more testing is needed. Sign-up required by 11/27.

COMPUTER CLASSES

There's still time to join our Microsoft and Beginning Computer classes. Give Rick a call for more info!

...OR GET "OUT & ABOUT" ON THE COA BUS!**BREAKFAST BUS** *Tuesday, November 7 @ 9 am*

Grumpy's in South Dennis. A breakfast favorite! Bus donation: \$5. RSVP by 11/3.

**SEE THE DAY-WELFLEET** *Thursday, November 9 @ 2 pm*

Ride the back roads to the harbor & cruise through town. Bus donation: \$1. RSVP by 11/7

HARWICH CRANBERRY BOG HARVEST TOUR *Monday, November 13 @ 9:30 am*

1 1/2 hr. guided bus tour; farm stand & gift shop. Lunch at Land Ho. Tour: \$15. Bus: Free! RSVP by 11/6.

PROVINCETOWN ART ASSOCIATION & MUSEUM *Thursday, November 16 @ 1:30 pm*

View the Edward and Josephine Hopper exhibition. Bus Donation: \$1. Museum: \$10 (PAAM members free). RSVP by 11/14.

JFK HYANNIS MUSEUM CENTENNIAL EXHIBITION *Tuesday, November 21 @ 9:30 am*

JFK at 100: Life & Legacy exhibition. Lunch at The Naked Oyster. Bus: Free. Museum: \$7. RSVP by 11/17.

OUT TO LUNCH *Thursday, November 28 @ 10:30 am*

New! The Bamboo in Hyannis. Asian Cuisine & Sushi Bar with a lunch buffet. Buffet: \$11.99 [65+]. Bus donation: \$8. RSVP by 11/22.

**CENTER FOR COASTAL STUDIES** *Thursday, November 30 @ 2 pm*

Tour the Center's newly-renovated Hiebert Marine Laboratory and view the skeleton of humpback whale Spinnaker, including a lecture. Free. Bus donation: \$1. RSVP by 11/22.

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

Recently I was asked to inform new staff about what my position entails. This got me thinking that I wanted to make sure that you, the reader, are also informed in the instance that you or a loved one would ever need my services.

As Outreach Coordinator, I am here to provide information, referrals and support to Provincetown seniors and their families. I can talk with you in your home, at the Senior Center, or by phone to help with any concerns that you may have.

If you are a senior who is experiencing difficulties living alone or are having problems of any kind at home, if you are considering long term care, need support or most importantly don't know where to turn for assistance, please do not hesitate to call me. If you are not a senior but are concerned about someone who is, you can call me as well.

Also, Gosnold on Cape Cod offers private appointments with social services worker, Janet Beattie, to town residents of all ages at the COA to assist with applications for services.

All services are free and confidential. To find out more about our programs or to make an appointment with Janet or myself please call us at 508-487-7080.

We look forward to working with you!

With appreciation to...

...all of our returning instructors, including Steve Kennedy, Ruthie Rogers, Kathi Smith and Ed Terrill.

We're happy to see them back! If you've never taken one of their classes, check out the info in the newsletter.

...Dave Peterman, our on-call driver, for covering medical and shopping rides this summer for us. We couldn't have done it without him. Thank you, Dave.

...Lower Cape Outreach Council and the Barnstable County Public Health Department for offering the great new program, Foods to Encourage (call Andrea for more info).

**CALL NOW FOR SHINE!**

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.

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

NOVEMBER 2017

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>"Gratitude is the fairest blossom that springs from the soul."</i> Henry Ward Beecher</p>	<p><u>COA HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</p>	<p>Strength 1 Training 10:15 Blood Pressure/ Glucose 11-1:00 Lunch* Noon Beg Computer* 1:00 Knitting 1:00 Travelogue 1:15 COA Board 1:30</p>	<p>Yoga 9:00 2 Stop&Shop*9:30 Chair Yoga 10:30 Senior of Year Lunch* 12:30 Loss/Healing* 2:30 Grace Notes 4:00 Library* Veterans Agent*</p>	<p>Foods to 3 Encourage 9-11 Writing Connection10:00</p>
<p>Hyannis* 8:30 6 Stretch & Strength 10:15 Radio Show 12:30 WOMR 92.1 fm Scrabble 1:00 Open Studio 1-4:00 SHINE*</p>	<p>Yoga 9:00 7 Breakfast Bus* 9:00 Women'sGroup*9:30 Microsoft* 10:00 Movie 1:00 Bridge 1:00 Veterans Agent* Social Services*</p>	<p>Strength 8 Training 10:15 Lunch* Noon Tech Help 1-2:00 Knitting 1:00 Legal Aid 1:00 Music Salon* 1:30</p>	<p>Yoga 9:00 9 Stop&Shop*9:30 Chair Yoga 10:30 See Wellfleet* 2:00 Loss/Healing* 2:30 Grace Notes 4:00 Library* Veterans Agent*</p>	<p>CENTER CLOSED </p>
<p>Bog Tour* 9:30 13 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00 SHINE*</p>	<p>Yoga 9:00 14 Women'sGroup*9:30 Painting* 9:30 Microsoft* 10:00 Movie 1:00 Bridge 1:00 Treasures* 2:00 Veterans Agent* Social Services*</p>	<p>Beg Drawing* 15 9:30 Strength Training 10:15 Lunch* Noon Beg Computer* 1:00 Knitting 1:00 Hearing* 1:00 Story Swap 1:00</p>	<p>Yoga 9:00 16 Drawing* 9:30 Stop&Shop*9:30 Chair Yoga 10:30 PAAM* 1:30 Holiday Support* 2:30 Grace Notes 4:00 Library* Veterans Agent*</p>	<p>Foods to 17 Encourage 9-11 Writing Connection10:00</p>
<p>Hyannis* 8:30 20 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00 SHINE*</p>	<p>Yoga 9:00 21 Painting* 9:30 JFK Museum* 9:30 Microsoft* 10:00 Movie 1:00 Bridge 1:00 Treasures* 2:00 Veterans Agent* Social Services*</p>	<p>Beg Drawing* 9:30 22 Strength Training 10:15 Thanksgiving Lunch* Noon Tech Help 1-2:00 Knitting 1:00</p>	<p>CENTER CLOSED 23 </p>	<p>CENTER CLOSED 24 </p>
<p>Stretch & Strength 27 10:15 Scrabble 1:00 Open Studio 1-4:00 SHINE*</p>	<p>Yoga 9:00 28 Painting* 9:30 Microsoft* 10:00 Out to Lunch* 10:30 Movie 1:00 Bridge 1:00 Treasures* 2:00 Veterans Agent* Social Services*</p>	<p>Beg Drawing* 29 9:30 Strength Training 10:15 Lunch* Noon Beg Computer* 1:00 Knitting 1:00 Decoupage* 1:30 Memory Screen*</p>	<p>Yoga 9:00 30 Drawing* 9:30 Stop&Shop*9:30 Chair Yoga 10:30 CCS* 2:00 Support* 2:30 Grace Notes 4:00 Library* Veterans Agent*</p>	<p><u>APPOINTMENTS</u> HEARING 508-255-1285 MEALS ON WHEELS 508-349-2658 VETERANS AGENT 508-487-7099</p>



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2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSR7 STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH



H X X X V H I I Y R A K I N G
A S G I C K G R A T I T U D E
P N K N P T R L Y R W Y C C U
P T O F I E P X E R X N V Q L
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R B I N E A I O R K K V T O C
E G A Q U M F G U H O S E E W
W R G T L V B D T F O S R X S
C U U D M R S E S Q E D A F Z
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G R R A E S K N A H T E B Z Y
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NOVEMBER
HONOR
VETERANS
HAPPY
THANKS
GIVING
AUTUMN
FALL
TURKEY
RAKING
LEAVES
CRANBERRY
BOGS
GATHER
GRATITUDE