

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
2 Mayflower Street
Provincetown, MA 02657

FEBRUARY 2018

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

The Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

Happy February! A month of cold temps but warm hearts as we celebrate Valentine's Day. Winter is the season to slow down, perfect for relaxation and self-care. To that end, we are offering several new programs to support your physical, emotional, cognitive and spiritual well-being including meditation, massage, holistic pain management and ZENgeivity. In addition, our Music Salon features Phoebe Otis this month and the Women's Radical Aging Group returns. Please see pages 2 and 3 and the enclosed insert for info on these as well as our many ongoing programs.

You are also invited to the annual Valentine's Lunch hosted by the Provincetown Police Department (see details below). Several years ago, they began offering two meals a year especially for seniors. It's a lot of fun and a great way to get to know our dedicated police officers and staff. We hope to see you this month! ~ Chris



SENIOR CENTER VALENTINE'S LUNCH
HOSTED BY THE
PROVINCETOWN POLICE DEPARTMENT

Thursday, February 15 @ noon

*Enjoy a free, hot lunch cooked and served by
the Provincetown Police Department.*

Rides available.

RSVP by 2/12: 508-487-7080

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



TRAVELOGUE

Wednesday, February 7
1:15 pm

“VICTORIAN ARCHITECTURE / USA”

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

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm ~ Free!

February 6: “The Beguiled”

The unexpected arrival of a Union soldier at a girls’ school in Virginia leads to jealousy and betrayal.
Nicole Kidman, Kirsten Dunst, Elle Fanning
Drama / 2017 / 93 minutes / R

February 13: “Logan Lucky”

Two brothers attempt to pull off a heist during a NASCAR race in North Carolina.
Channing Tatum, Adam Driver, Daniel Craig
Comedy / 2017 / 118 minutes / PG-13

February 20: “The Trip To Spain ”

Actors Steve Coogan and Rob Brydon embark on a six-part episodic road trip through Spain, sampling restaurants, eateries and sights along the way.
Comedy / 2017 / 108 minutes / NR



February 27: “Stronger”

Based on life story of Boston Marathon survivor, Jeff Bauman. Jake Gyllenhaal, Tatiana Maslany
Biography / 2017 / 119 minutes / R

CLASSIC MOVIE OF THE MONTH

“CASABLANCA”

Wednesday, February 28 @ 1:15

Casablanca, 1941: an expatriate encounters a former lover and unforeseen complications develop.
Humphrey Bogart, Ingrid Bergman
Drama / 1942 / 102 minutes / PG

STAY ACTIVE

CHAIR YOGA with Christine Frisco
PING PONG (call ahead to reserve a time)
STRENGTH TRAINING with Dot Sanderson
STRETCH & STRENGTH with Dot Sanderson
WALK THE HALLS
YOGA with Christine Frisco

CREATE & LEARN

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

RELAX & SOCIALIZE

BRAIN GAMES in the Media Center
BRIDGE
KNITTING CIRCLE
LOUNGE: Read, do puzzles, color and more!
MUSIC SALON
SCRABBLE
WEEKLY MOVIES / CLASSIC MOVIES
WINTER COFFEE HOUR
RADIO SHOW on WOMR / 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...

SEATED MASSAGE *Mondays & Wednesdays, February 5, 7, 12, 14*

Time to breathe and relax! Tony Johnson, a massage therapist practicing in Provincetown for 17 years, will offer seated, fully-clothed neck/shoulder massage. It's great for your circulation, muscles and peace of mind. Free; appointments required.

WOMEN'S RADICAL AGING GROUP *Tuesdays, 9:30 - 11:30 am beginning February 6*

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.

MINDFULNESS MEDITATION *Thursdays, 1:30 - 3:00 pm beginning February 8*

If you'd like to begin to meditate or broaden your practice, Jen Shannon will lead this a 4-week Mindfulness Meditation class. Learn about mindfulness, breathing and loving kindness and experience guided meditations, mindful walking and more. Free, open to all. Registration required; participants are asked to attend all sessions.

MUSIC SALON *Wednesday, February 14 @ 1:30 pm*

We are happy to present singer Phoebe Otis with Casey Sanderson on piano. Phoebe is a multi-talented, long-time resident of Provincetown. She is a cabaret artist, actor, author and costume designer. Phoebe will perform classic love songs in honor of Valentine's Day, including sing-alongs. Song sheets will be provided!

HOLISTIC PAIN MANAGEMENT *Monday, February 26 @ 10:00 am*

VNA Physical Therapist Donna Hardy offers this informative, interactive class on: pain theories; medical pain management; holistic pain relief techniques (heat, cold, exercise, physical therapy, mind/body therapies, assistive devices) and exercises/posture techniques demonstrations. Free. Plenty of time for questions.

TAX RETURN ASSISTANCE *Tuesdays, February - April*

AARP offers free assistance with simple tax returns for Provincetown seniors. Appointments required.



SEE INSERT FOR INFO ON ZENGEVITY, COMPUTER AND ART CLASSES!

...OR GET "OUT & ABOUT" ON THE SENIOR CENTER BUS!

BREAKFAST BUS: YARMOUTH PORT *Thursday, February 1 @ 9:30 am*

Jack's Outback - Best kept secret on the Cape (cash only)! Bus donation: \$8. RSVP by 1/30.

WILD CARE IN ORLEANS *Thursday, February 8 @ 10:30 am*

Tour/presentation at this wildlife rehabilitation facility. Lunch at Double Dragon. Bus donation: \$5. RSVP by 2/1.

OUT & ABOUT: ORLEANS *Monday, February 12 @ 10 am*

Spend the day at any or all of your favorite spots—Shaw's, TJ Maxx, CVS, Snow's, Friends' Marketplace, Staples or any other destination by request. Lunch at Hole-in-One. Bus donation: \$5. RSVP by 2/8.

OUT TO LUNCH; BRAZILIAN GRILL IN HYANNIS *Thursday, February 22 @ 11 am*

An authentic Brazilian dining experience in Hyannis. *Churrasco a Rodizio* (Rotisserie Barbeque) and a full buffet of soups, salads, cheese, hot entrees and side dishes. Bus donation: \$8. RSVP by 2/20.

WINTER COFFEE HOUR at the Senior Center *Tuesdays @ 10:00 am*

Join us for a hot drink and friendly conversation as we relax in the lounge. A sure cure for cabin fever! For rides, call by 4:00 pm the day before. Free, no RSVP required.



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**The Massachusetts Equipment
Distribution Program**

The MassEDP is a division of the State 911 Department. MassEDP offers specialized telephones to residents with permanent disabilities. You may be able to get these telephones for free or at reduced cost. Whether you have trouble with hearing, vision or mobility the State 911 Department has options that can help you make and receive calls easily.

To participate in the program you must:

- Live in Massachusetts
- Have a permanent disability that affects the use of a home telephone
- Have access to a residential land line

Your disability must be certified by any of the following medical professionals who are licensed in Massachusetts:

- Physician
- Audiologist
- Speech pathologist
- Ophthalmologist/optometrist
- Neuropsychologist

Your disability must then be certified by one of the following Commissions:

- MA Commission for Deaf or Hard of Hearing
- MA Commission for the Blind.

If you would like to apply for this program please give me a call as I have applications available in my office and can help you with the process. Please feel free to call with any questions you may have.

With appreciation to...

...all who sent cards and brought in goodies over the holidays; the staff truly appreciates your kindness. Thanks, too, to those of you who quietly make these dark winter days a little brighter for others by cooking, shopping, shoveling, checking in on them. You make our community the special place that it is!

...Dian Hamilton and the Writers' Café for inviting Hilde Oleson and the Writing Connection group to read. What a nice opportunity to be able to share these talented writers' works with the community and to let everyone know that the group is open to all, no writing experience required!

**WINTER WEATHER POLICY**

*If Provincetown Schools are closed,
Senior Center programs and rides
will be cancelled. The office will be open.*

*If the Town of Provincetown offices/Town Hall
are closed, the Senior Center 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 in doubt, please call ahead!*

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

FEBRUARY 2018

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Yoga 9:00 1 Breakfast Bus* 9:30 Microsoft* 10:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*	Foods to 2 Encourage 9-11 Writing Connection 10:00
Hyannis* 8:30 5 Beg Drawing* 9:30 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00 Library* Radio Show 12:30 WOMR 92.1 fm Massage*	Yoga 9:00 6 Painting* 9:30 Women's Grp* 9:30 Coffee Hour 10:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Social Services* Taxes*	Adv Drawing* 9:30 7 Strength Training 10:15 Blood Pressure 11:00 Lunch* Noon Knitting 1:00 Travelogue 1:15 COA Board 1:30 Massage*	Yoga 9:00 8 Microsoft* 10:00 Out & About* 10:30 Chair Yoga 10:30 Mindfulness* 1:30 Grace Notes 4:00 Podiatrist* Veterans Agent*	Writing 9 Connection 10:00
Beg Drawing* 9:30 12 Out & About* 10 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00 Library* Massage*	Yoga 9:00 13 Painting* 9:30 Women's Grp* 9:30 Coffee Hour 10:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Social Services*	Adv Drawing* 9:30 14 Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Music Salon 1:30 Beg Computer* 2:00 Massage*	Yoga 9:00 15 Microsoft* 10:00 Chair Yoga 10:30 Police Lunch* 12:00 Mindfulness* 1:30 Grace Notes 4:00 Veterans Agent*	Foods to 16 Encourage 9-11 Writing Connection 10:00
<u>CENTER</u> <u>CLOSED</u> for PRESIDENTS DAY	Yoga 9:00 20 Coffee Hour 10:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Social Services* Taxes*	Strength 21 Training 10:15 Lunch* Noon Knitting 1:00 Story Swap 1:00 Hearing* 1:00 Beg Computer* 2:00	Yoga 9:00 22 Microsoft* 10:00 Chair Yoga 10:30 Out to Lunch* 11 Mindfulness* 1:30 Grace Notes 4:00 Podiatrist* Veterans Agent*	Writing 23 Connection 10:00
Hyannis* 8:30 26 Beg Drawing* 9:30 Pain Managemt 10 Stretch & Strength 10:15 Scrabble 1:00 Open Studio 1-4:00 Library*	Yoga 9:00 27 Women's Grp* 9:30 Painting* 9:30 Coffee Hour 10:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent* Social Services*	Adv Drawing* 9:30 28 Strength Training 10:15 Lunch* Noon Knitting 1:00 Tech Help 1-2:00 Classic Movie 1:30 Beg Computer* 2:00	<u>SENIOR</u> <u>CENTER</u> <u>HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON	<u>SHINE</u> 508-375-6762 <u>HEARING</u> 508-255-1285 <u>MEALS ON</u> <u>WHEELS</u> 508-349-2658 <u>VETERANS</u> <u>AGENT</u> 508-487-7099



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSR STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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

WINTER
OLYMPICS
VALENTINES
LOVE
ABE
GEORGE
PRESIDENTS
DAY
BLACK
HISTORY
MONTH
MARDI
GRAS
GROUNDHOG
BRRRRR

