

# PROVINCETOWN COASTLINES

## PROVINCETOWN SENIOR CENTER

2 Mayflower Street  
Provincetown, MA 02657

### MARCH 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](http://www.provincetown-ma.gov)

*Follow us on Facebook!*

### Welcome to Coastlines!

This month, we say goodbye to Maureen Hurst, Council on Aging/Department of Human Services Administrative Assistant. Maureen is retiring after 30 years of dedicated service to the town. She is a compassionate and skilled professional who has been an invaluable member of the Senior Center. It's hard to imagine the Center without her! We will miss her greatly and wish her all the best.

March is National Nutrition Month so I'd like to take this opportunity to highlight food programs offered at the Senior Center. All programs are free. Please call us for more information. ~Chris

**Healthy Meals in Motion:** The Family Pantry of Cape Cod and the Boston Food Bank offer a free monthly food distribution at the Center for financially eligible seniors. Participants can pre-select the food they want, including fresh products like dairy goods, frozen meats and bakery items, as well as canned and packaged foods. We are grateful to the many volunteers that make this program possible and encourage you to call Andrea to see if you may be eligible.

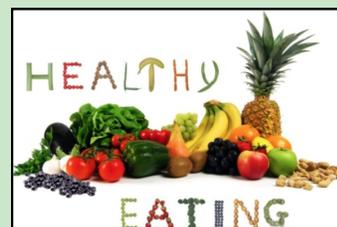
**Foods to Encourage:** The Lower Cape Outreach Council and Barnstable County Department of Health offer this free program open to all ages with no registration required. On the first and third Fridays of the month, 9:00-11:00 a.m., a nutritionist will give a cooking demonstration with samples and you will receive a recipe and a bag of fresh produce. A nurse is also available for anyone who wishes to have their blood pressure or glucose level checked. Drop-in any time, bring a friend!

**Senior Center Pantry:** The food pantry here at the Center is open to all ages and includes non-perishable foods as well as health and hygiene products. A group of volunteers keep it well-stocked and no registration is required. Open during business hours.

**Assistance Programs:** If you are having difficulty paying for food, Andrea can meet with you in your home or at the Center to discuss programs that may be able to help you out.

**Senior Center Meal Programs:** If you haven't been to our Wednesday lunch, you are in for a treat. COA Cook Nancy Dooley and her team of skilled volunteers offer delicious meals in the company of friends and conversation. Suggested donation is \$3 and rides are available. Lots of fun - we've been known to break into song and we have a monthly birthday celebration so call us by the Friday before to sign up.

We also have monthly Breakfast Bus and Out to Lunch programs where you can travel up-Cape on our bus to enjoy a meal together. (See page 3).



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



**TRAVELOGUE**  
**Wednesday, March 7**  
**1:15 pm**  
**“KENYAN SAFARI”**

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

**JOIN US AT THE MOVIES**

**TUESDAYS @ 1:00 pm ~ Free!**

**March 6: “Dunkirk”**

Allied soldiers are surrounded by the German Army and are evacuated during a fierce battle in WW II. Fionn Whitehead, Tom Glynn-Carney, Jack Lowden  
 Drama / 2017 / 106 minutes / PG-13

**March 13: “Lucky”**

The spiritual journey of a ninety-year-old atheist. Harry Dean Stanton, David Lynch, Ron Livingston  
 Comedy, Drama / 2017 / 88 minutes / NR

**March 20: “Battle of the Sexes”**

The true story of the 1973 tennis match between Billy Jean King and Bobby Riggs. Emma Stone, Steve Carell  
 Biography / 2017 / 121 minutes / PG-13



**March 27: “American Made”**

The story of an American pilot who becomes a drug runner for the CIA in a clandestine operation that would be exposed as the Iran-Contra Affair. Tom Cruise, Domhnall Gleeson, Sarah Wright  
 Biography / 2017 / 115 minutes / R

**CLASSIC MOVIE OF THE MONTH**

**“VERTIGO”**

**Wednesday, March 28 @ 1:15**

A detective suffering from acrophobia investigates an old friend’s wife and becomes obsessed with her.

James Stewart, Kim Novak  
 Thriller / 1958 / 128 minutes / PG

**STAY ACTIVE**

*CHAIR YOGA / 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*

**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!*  
*MASSAGE*  
*MOBILE LIBRARY*  
*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...

### COMPUTER CLASSES WITH ED TERRILL

**MICROSOFT:** New 4-week session starts Thursday, March 1 at 10:00 am. Free. RSVP by 2/28.

**IPAD CLASS:** New 4-week session starts Tuesday, March 6 at 11:00 am. Free. RSVP by 3/5.

**BEGINNERS:** New 4-week session starts Wednesday, March 7 at 2:00 pm. Free. RSVP by 3/6.

### WINTER COFFEE HOUR *Tuesdays, March 6 & 13 @ 10:00 am*

Join us for a hot drink and warm conversation and avoid cabin fever! No RSVP necessary unless you need a ride.

### HOUSING REHABILITATION PROGRAM *Tuesday, March 6 @ 1:00 pm*

Community Development Partnership will discuss funds for eligible residents for critical home repairs (roofing, siding, electric, heat, plumbing, structural repairs, lead paint abatement, energy efficiency upgrades). Funding is limited; first come, first served basis. Info: [www.capecdp.org](http://www.capecdp.org) /call Jean at 508-240-7873 x14 /[jean@capecdp.org](mailto:jean@capecdp.org).

### CONCUSSIONS: PREVENTION & MANAGEMENT *Monday, March 26 @ 11:30 am*

Donna Hardy, VNA Physical Therapist, will discuss concussions, statistics on head injury among seniors, diagnosis, prevention and management of concussions and the effect of concussions on balance, including an interactive demonstration of visual side effects that can affect balance. Free, no RSVP required.

### SEATED MASSAGE

Massage Therapist Tony Johnson provides seated, clothed neck/shoulder massage. Free; appointments required.

### TAX RETURN ASSISTANCE

AARP offers assistance with simple tax returns for Provincetown seniors. Free; appointments required.

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

### BREAKFAST BUS *Thursday, March 8 @ 9:00 am*

Keltic Kitchen in West Yarmouth and a visit to the Keltic Cottage Irish Shop. Bus donation: \$8. RSVP by 3/6.

### OUT & ABOUT: ORLEANS *Monday, March 12 @ 9:30 am*

Shopping or errands at any or all of your favorite spots, destinations by request. Lunch at Guapo's Tortilla Shack. Bus donation: \$5. RSVP by 3/9.

### BIRDWATCHING FOR BEGINNERS *Thursday, March 15 @ 9:00 am*

We'll travel to the Cape Cod Museum of Natural History in Brewster for a class on bird identification then venture outdoors to view birds. Lunch at Laurino's. Museum (seniors): \$10. Bus donation: free! RSVP by 3/13.

### COFFEE HOUR: TRURO *Tuesday, March 20 @ 10:00 am*

Welcome spring at Savory & Sweet Escape then a drive to Coast Guard Beach. Bus donation: \$2. RSVP by 3/19.

### OUT TO LUNCH *Thursday, March 22 @ 10:00 am*

Dunbar House Restaurant/Tea Room in Sandwich. Gourmet British fare. Bus donation: \$8. RSVP by 3/20.

### MARKET BASKET *Monday, March 26 @ 9:30 am*

Shopping in Bourne with on-site café for snacks or lunch. Bus donation: \$8. RSVP by 3/23.

### COFFEE HOUR: PROVINCETOWN *Tuesday, March 27 @ 10:00 am*

East End Marketplace then a drive to Beech Forest. Bus donation: \$1. RSVP by 3/26.

### CHATHAM ORPHEUM THEATER & CAFÉ *Thursday, March 29 @ 10:00 am*

Your choice of first-run movies at this beautifully restored theatre. Call us for movie selection 1 week in advance. Seniors: \$8. Bus donation: free! RSVP by 3/27.



**TO RSVP OR FOR MORE INFORMATION: 508-487-7080**

*Programs are subject to change. Bus donation amounts are suggested. Any contribution is appreciated!*

**OUTREACH UPDATES Andrea Lavenets**

**Circuit Breaker Tax Credit**

Too few people know about this credit. Adults 65 and older are eligible to receive this tax credit when their property taxes and half of their water/sewer bills total more than 10% of their income. Or, if they rent an apartment (without a state or federal subsidy), they may get this tax credit if their rent is more than 25% of their income.

**You may qualify if you:**

- Are age 65 or older on or before December 31, 2017
- Own or rent in Massachusetts as your principal residence

**Your total income does not exceed:**

- Single \$57,000
- Married filing joint \$86,000
- Head of household \$71,000

**Assessed real estate valuation does not exceed: \$720,000**

To claim the Circuit Breaker Tax Credit, you must file a Massachusetts state income tax return, even if you typically don't file a return AND include Schedule CB, the Circuit Breaker Credit form.

You can file your tax return for FREE using one of the free filing options at [www.mass.gov/maffreefile](http://www.mass.gov/maffreefile). Or you may download forms to be filled out at [www.mass.gov/dor/forms](http://www.mass.gov/dor/forms).

If you do not have Internet access and need a form you may call the office and ask that I print you a copy of what is needed.

*With appreciation to...*



...our newest COA Board member, Penny Sutter. Thanks for your interest in serving and welcome aboard!

...the Provincetown Police Department for hosting the annual winter lunch. It is always so much fun and we appreciate all that the Department does for town seniors.

...volunteers Tony Johnson, for offering seated massage, and Jen Shannon, for the Mindfulness/Meditation series. Ahh, time to relax!

...Carol Bishop for facilitating the Buried in Treasures group. We were pleased to be able to offer this valuable workshop again.

**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
- Penny Sutter
- 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

# MARCH 2018

**Bold**=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SENIOR CENTER HOURS</b>  <b>MON-THURS 8 AM - 5 PM</b>  <b>FRIDAY 8 AM - NOON</b></p>	<p><b>APPOINTMENTS</b>  <b>SHINE</b>            508-375-6762  <b>HEARING</b>            508-255-1285  <b>MEALS ON WHEELS</b>            508-349-2658  <b>VETERANS AGENT</b>            508-487-7099</p>		<p>Yoga 9:00 <b>1</b>  <b>Microsoft* 10:00</b>            Chair Yoga 10:30  <b>ZENgevity* 1:30</b>            Mindfulness* 1:30            Grace Notes 4:00            Veterans Agent*</p>	<p>Foods to <b>2</b>            Encourage 9-11            Writing            Connection10:00</p>
<p>Hyannis* 8:30 <b>5</b>            Beg Drawing* 9:30            Stretch &amp; Strength 10:15            Scrabble 1:00            Open Studio 1-4:00            Senior Center Radio Show 12:30            WOMR 92.1 fm</p>	<p>Yoga 9:00 <b>6</b>            Painting* 9:30            Women's Grp* 9:30            Coffee Hour 10:00  <b>iPad* 11:00</b>  <b>Housing Rehab 1:00</b>            Movie 1:00            Bridge 1:00            Stop &amp; Shop* 1:00            Veterans Agent*            Taxes*</p>	<p>Adv Drawing* 9:30 <b>7</b>            Strength Training 10:15            Blood Pressure 11:00            Lunch* Noon            Knitting 1:00            Travelogue 1:15            Garden Collage* 1:30            COA Board 1:30  <b>Beg Computer* 2:00</b></p>	<p>Yoga 9:00 <b>8</b>  <b>Breakfast Bus* 9:00</b>            Microsoft* 10:00            Chair Yoga 10:30            ZENgevity*1:30            Grace Notes 4:00            Podiatrist*            Veterans Agent*</p>	<p>Writing <b>9</b>            Connection10:00</p>
<p>Beg Drawing*9:30<b>12</b>  <b>Out &amp; About* 9:30</b>            Stretch &amp; Strength 10:15            Scrabble 1:00            Open Studio 1-4:00</p>	<p>Yoga 9:00 <b>13</b>            Painting* 9:30            Coffee Hour 10:00            iPad* 11:00            Movie 1:00            Bridge 1:00            Stop &amp; Shop* 1:00            Veterans Agent*</p>	<p>Adv Drawing*9:30 <b>14</b>            Strength Traing 10:15            Lunch* Noon            Knitting 1:00            Legal Aid* 1:00            Tech Help 1-2:00            Garden Collage* 1:30            Beg Computer*2:00</p>	<p>Yoga 9:00 <b>15</b>  <b>Out &amp; About* 9:00</b>            Microsoft* 10:00            Chair Yoga 10:30            ZENgevity*1:30            Grace Notes 4:00            Veterans Agent*</p>	<p>Foods to <b>16</b>            Encourage 9-11            Writing            Connection10:00</p>
<p>Hyannis* 8:30 <b>19</b>            Beg Drawing*9:30            Stretch &amp; Strength 10:15            Scrabble 1:00            Open Studio 1-4:00</p>	<p>Yoga 9:00 <b>20</b>            Painting* 9:30  <b>Out &amp; About* 10:00</b>            iPad* 11:00            Movie 1:00            Bridge 1:00            Stop &amp; Shop* 1:00            Veterans Agent*            Taxes*</p>	<p>Adv Drawing*9:30 <b>21</b>            Strength Traing 10:15            Lunch* Noon            Knitting 1:00            Story Swap 1:00            Hearing* 1:00            Beg Computer* 2:00            Massage*</p>	<p>Yoga 9:00 <b>22</b>            Microsoft* 10:00            Chair Yoga 10:30  <b>Out to Lunch*10:00</b>            ZENgevity*1:30            Grace Notes 4:00            Podiatrist*            Veterans Agent*</p>	<p>Writing <b>23</b>            Connection10:00</p>
<p>Beg Drawing*9:30<b>26</b>  <b>Out &amp; About* 9:30</b>            Stretch &amp; Strength 10:15  <b>Concussions 11:30</b>            Scrabble 1:00            Open Studio 1-4:00            Massage*</p>	<p>Yoga 9:00 <b>27</b>            Painting* 9:30            iPad* 11:00  <b>Out &amp; About* 10:00</b>            Movie 1:00            Bridge 1:00            Stop &amp; Shop* 1:00            Veterans Agent*</p>	<p>Adv Drawing*9:30 <b>28</b>            Strength Training 10:15            Lunch* Noon            Knitting 1:00            Tech Help 1-2:00            Classic Movie 1:30            Beg Computer* 2:00            Massage*</p>	<p>Yoga 9:00 <b>29</b>            Chair Yoga 10:30  <b>Out &amp; About*10:00</b>            ZENgevity*1:30            Grace Notes 4:00            Veterans Agent*</p>	<p>Writing <b>30</b>            Connection10:00</p> 



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRST STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## WORD SEARCH



I I T F U R E S B U G D X V F  
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