

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

FEBRUARY 2016

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

508-487-7080

www.provincetown-ma.gov

NANCY DOOLEY - ELDER SERVICES
MEALS ON WHEELS / SENIOR DINING 508-487-2700

From the Director

While some of us bask in the quiet of winter, for others it can be the most isolating time of year. What better way to ease the doldrums than with music, good food and great company? In addition to our many ongoing programs, there are lots of ways to celebrate this month so please join us at one of the events below. And if you are feeling low, give our Outreach Coordinator, Andrea, a call. We care about you! ~Chris



CELEBRATE VALENTINE'S WITH US!

Wednesday, February 10 @ noon: Elder Services Senior Dining

Elder Services Nutrition Site Manager Nancy Dooley and her crew invite you to this popular lunch and love song sing-along. (Plan to stay for our Afternoon Music Salon as well ~ see below.) Suggested donation: \$2. Rides available. RSVP required 508-487-2700 by February 9 at 10:00 am.

Thursday, February 11 @ noon: Lunch with the Police Department

It's a tradition! The Provincetown Police Department will host a lunch for seniors here at the COA. Warm up with hot soup, grilled cheese and more as you get to know our dedicated officers. Free, thanks to the generosity of the Police Department. Rides available. RSVP required 508-487-7080 by February 8.

AFTERNOON MUSIC SALON with PETER DONNELLY & STEVEN SOLLOG

Wednesday, February 10 @ 1:15 pm

February is greeted musically with American Songbook and original songs by well-known local singer/songwriter and guitarist Peter Donnelly and pianist Steven Sollog. Don't miss this very special afternoon! Free, light refreshments. Rides available. RSVP required 508-487-7080 by February 9.

SOUP & SALAD

Thursday, February 18 @ noon

This month we welcome local cook Julie Rich who will offer soup, salad, bread and dessert. Suggested donation: \$2. Rides available. RSVP required 508-487-7080 by February 12.

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



TRAVELOGUE The Tip of the Cape PROVINCETOWN

Wednesday, February 3 @ 1:00 pm

Join us for a
free slide show presentation
with world traveler Larry Moodry.

JOIN US AT THE MOVIES

Tuesdays @ 1:00



Free movie and popcorn!

February 2: "Mr. Holmes"

Long retired Sherlock Holmes, reflecting on his career, is still haunted by the unsolved case that caused him to call it quits.

Ian McKellen, Laura Linney, Milo Parker
Drama / 103 minutes / 2015 / PG

February 9: "I'll See You In My Dreams"

Aging widow Carol Peterson loses her beloved pet and after 20 years out of the dating world, finds herself unexpectedly back in the game.

Blythe Danner, Martin Starr, Sam Elliot
Romance / 95 minutes / 2015 / PG-13

February 16: "Ricki and the Flash"

After abandoning her family to follow her dream of becoming a rock star, Ricki Rendazzo returns years later to try to mend fences.

Meryl Streep, Kevin Kline, Mamie Gummer
Comedy / 101 minutes / 2015 / PG-13

February 23: "Bessie"

Bessie Smith, blues singer, rises to stardom achieving a level of popularity unknown for her time.

Queen Latifah, Michael K. Williams
Biopic / 135 minutes / 2015 / TV-MA

STAY ACTIVE

BALLROOM DANCING
BOWLING / ICE SKATING IN ORLEANS
PING PONG
STRENGTH TRAINING
STRETCH & STRENGTH
TAI CHI
WALK THE HALLS
YOGA

BE WELL

VNA CLINICS: ASK-A-NURSE, BP, GLUCOSE
BRAIN HEALTH
HEARING EVALUATIONS
PODIATRIST
WELLNESS PRESENTATIONS

PLAY GAMES

BOARD GAMES / CARD GAMES
BRAIN GAMES IN MEDIA CENTER

TAKE A RIDE

HYANNIS / ORLEANS / PROVINCETOWN
OUT & ABOUT / OUT TO LUNCH
PROVINCETOWN LIBRARY / STOP & SHOP
MEDICAL APPOINTMENTS CAPE-WIDE

CREATE & LEARN

CREATIVE ARTS
GRACE NOTES CHORUS
OPEN STUDIO
PIANO PRACTICE
STORY SWAP
TECH SUPPORT (assistance with electronic devices)
TRAVELOGUE
WRITING WORKSHOPS



ENJOY A MEAL

ELDER SERVICES SENIOR DINING LUNCH
MEN'S BREAKFAST
SOUP & SALAD

RELAX

HANG OUT IN THE LOUNGE OR MEDIA CENTER
LISTEN TO WOMR SHOW / WATCH COA ON PTV
MOBILE LIBRARY
WEEKLY MOVIES

GET SUPPORT & ASSISTANCE

COA OUTREACH ~ HOME OR OFFICE VISITS
FOOD PANTRY / FOOD DISTRIBUTION
LEGAL ASSISTANCE SHINE
SOCIAL SERVICES STORM REASSURANCE

NEW PROGRAMS AT THE COA ...

ART CLASSES

A reminder that we have several ongoing art classes this winter. Call Maureen for information.

TAX ASSISTANCE



Starting in February, AARP will again offer assistance to seniors in completing simple tax returns. Free and confidential. Appointments are required so sign up soon, space is limited.

SENIOR OF THE YEAR 2016

It's time to send in your nomination for the 2016 Senior of the Year. Nominees must be town residents who are 60+ years of age, enthusiastically involved in the community, a role model to peers and who exemplify the "Spirit of Positive Aging." Send a brief bio and the reason for your nomination to: Chris Hottle, COA, 2 Mayflower Street, 02657 or chottle@provincetown-ma.gov by March 28.

TABOO *Wednesday, February 24 @ 1:00 pm*

Our game of the month for February is Taboo. Similar to Charades, you try to get your team to guess a word without using certain words. Come join this fun, easy to learn game that is full of laughs. RSVP by February 22.



... OR GET "OUT & ABOUT" ON THE COA BUS!

TOWNIE THRIFT SHOPS *Tuesday, February 9 @ 9:30 am*



Bring a bag for donation to Ruthie's Boutique and/or the Methodist Thrift Shop and spend a few minutes browsing. (No furniture or large items please.) Lunch at Fanizzi's. Food: \$7+. Bus: \$1. RSVP by February 4.

SEE THE DAY: WELLFLEET *Thursday, February 11 @ 2:00 pm*

Take a scenic drive together to explore the houses, harbor and beaches. Bus: \$3. RSVP by February 10.

OUT TO LUNCH *Tuesday, February 16 @ 11:30 am*

Bangkok Cuisine - exciting Thai food in Orleans. Lunch: \$8+. Bus: \$3. RSVP by February 11.

TIME TOGETHER

Thursday, February 18 @ 2:30 pm

Far Land Provisions for conversation and snacks. Food: \$2+. Bus: \$1. RSVP by February 17.

Thursday, February 25 @ 2:30 pm

East End Market for snacks and conversation. Food: \$3+. Bus: \$1. RSVP by February 24.



OUTLETS & MORE *Tuesday, February 23 @ 8:30 am*

Market Basket and Bourne Outlet Stores with lunch at Market Basket. Food: \$5+. Bus: \$8. RSVP by February 18.

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

SHINE NEWS

2016 Medicare Part B Premium

You may have heard that the Medicare Part B premium is going up. However, this is not true for all individuals.

Most people who had their Part B premium deducted from their Social Security check last year will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$121.80 per month.

There are exceptions based on income. Those with incomes higher than \$85,000 per year (\$170,000 for a couple) will have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level.

People with limited income and assets may qualify for a program that will pay their premium. Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! Our SHINE volunteer offers free, confidential counseling on all aspects of health insurance to anyone on Medicare and will screen you for programs that offer assistance. Please call the COA to schedule an appointment if you have any concerns with your health insurance.

With appreciation to...



...Dian Hamilton for facilitating the First Light Meditation. She has a unique talent for helping us quiet our minds while laughing hysterically!

...to Julie Weinberg and Meredith Kelly for the talk and demo on essential oils. Great information!

...to all the Secret Santas (you know who you are) whose kind acts made the holiday season special.

WINTER WEATHER POLICY

If Provincetown Schools are closed, COA programs and rides will be cancelled. The office will be open and staff available.



If Provincetown Town Hall is closed, the COA will not be open. All programs and rides will be cancelled and the COA office closed.

Rides and programs may be cancelled at other times based on weather conditions.



Call if you have any questions.



REMINDER

Some programs require reservations. If so, an RSVP will be requested in the newsletter listing so that we can order food, plan rides or schedule space. Please help us serve you by reserving your place by the stated deadline. *Without a reservation, we may not be able to accommodate you or the program may be cancelled.* Thank you.

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 2016

Bold is new program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 1 Ballroom* 9:00 Stretch & Strength 10:15 Tai Chi 11:30 COA Radio Show with Chris/WOMR 92.1 fm 12:30 Social Services*	Orleans* 9:00 2 Movie 1:00 Bridge 1:00 Buried Treasure* 2:30 Veterans Agent*	Drawing* 9:30 3 Strength Training 10:15 Blood Pressure/Ask-A-Nurse/Gluc 11-1 ES Lunch* Noon Collage* 1:00 Travelogue 1:00 Tech Support 1:00	Stop & Shop* 9:30 4 Painting* 9:30 Library* 10:00 Open Studio 1-4 Knitting 3:00 Grace Notes 4:00 Veterans Agent*	Writing 5 Connection 10:00
Hyannis* 8:30 8 Ballroom* 9:00 Stretch & Strength 10:15 Tai Chi 11:30 Social Services* SHINE*	Yoga 9:00 9 Thrift Shops* 9:30 Movie 1:00 Bridge 1:00 Buried Treasure* 2:30 Tax Assistance* Veterans Agent*	Drawing 9:30 10 Strength Training 10:15 ES Valentine's Lunch* Noon Music Salon* 1:15 Collage* 1:00 Tech Support 1:00 COA Board 1:30	Stop & Shop* 9:30 11 Painting* 9:30 Library* 10:00 Police Lunch* noon Open Studio 1-4 See The Day* 2:00 Knitting 3:00 Grace Notes 4:00 Podiatrist* Veterans Agent*	Writing 12 Connection 10:00
15 CENTER CLOSED 	Yoga 9:00 16 Men's Breakfast* 9:00 Out to Lunch* 11:30 Movie 1:00 Bridge 1:00 Buried Treasure* 2:30 Veterans Agent*	Drawing* 9:30 17 Strength Training 10:15 Blood Pressure/Ask-A-Nurse 11-1:00 ES Lunch* Noon Hearing* 1:00 Story Swap 1:00 Tech Support 1:00	Stop & Shop* 9:30 18 Painting* 9:30 Library* 10:00 Soup & Salad* noon Open Studio 1-4 Time Together* 2:30 Knitting 3:00 Grace Notes 4:00 Veterans Agent*	Writing 19 Connection 10:00
Hyannis* 8:30 22 Ballroom* 9:00 Stretch & Strength 10:15 Tai Chi 11:30 Social Services* SHINE*	Yoga 9:00 23 Outlets * 8:30 Movie 1:00 Bridge 1:00 Buried Treasure* 2:30 Tax Assistance* Veterans Agent*	Drawing* 9:30 24 Strength Training 10:15 ES Lunch* Noon Taboo* 1:00 Tech Support 1:00	Stop & Shop* 9:30 25 Painting* 9:30 Library* 10:00 Open Studio 1-4 Time Together* 2:30 Knitting 3:00 Grace Notes 4:00 Podiatrist* Veterans Agent*	Writing 26 Connection 10:00
Hyannis* 8:30 29 Ballroom* 9:00 Stretch & Strength 10:15 Tai Chi 11:30 Social Services* SHINE*	COA HOURS MON-THURS 8 AM-5PM FRIDAY 8 AM-NOON		APPOINTMENTS HEARING 508-255-1285 SHINE 508-487-7080 VETERANS AGENT 508-487-7099	ELDER SERVICES WEDNESDAY LUNCH RSVP 508-487-2700 by Tuesday 10 am



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

hello
FEBRUARY

E F X R S A L U E E F B S T G
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ABE
BRRR
CHILL
GEORGE
GROUNDHOG
HEART
LEAP
LOVE
MARDI GRAS
PATRIOTS
PHIL
PRESIDENT
SUPER BOWL
VALENTINE
WINTER