

# PROVINCETOWN COASTLINES

## PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street  
Provincetown, MA 02657

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

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

### From the Director

Every May, we celebrate Older Americans Month. When it was established in 1963, only 17 million Americans were 65+ (compared to approximately 45 million today). At that time, about a third of these older adults lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing.

A meeting that year between President John F. Kennedy and members of the National Council on Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, May has been the time to honor the contributions of older adults. This year's theme is "Blaze a Trail," intended to emphasize the ways older adults are reinventing themselves through new work and new passions, engaging in their communities and blazing a trail of positive impact on the lives of people of all ages. At the COA, we see trailblazers every day...taking new paths, giving back to the community and inspiring those around them.

How about you? Are you ready to blaze a new trail? In honor of Older Americans Month, we are hosting a very special event called "Live Your Life Well." This fun, interactive workshop focuses on strategies for building resilience, positive self-care and supporting a happy, healthy lifestyle. We are able to offer this program thanks to a Massachusetts Association of Councils on Aging Service Incentive Grant and hope you will be able to join us. Following the workshop, we will hold our annual VNA Health & Wellness Fair.

Blaze a new trail with us and come to one or both of these programs – you'll be glad you did. Be sure to see the enclosed insert for more information about both events!

~Chris

OLDER  
AMERICANS  
MONTH



BLAZE A TRAIL: MAY 2016




### LIVE YOUR LIFE WELL!

Thursday, May 26  
10:00 am - 2:00 pm

### HEALTH FAIR

Thursday, May 26  
2:00 pm - 4:00 pm

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



**TRAVELOGUE**

**THE GOBI DESERT**  
**MONGOLIA**

*Wednesday, May 4 @ 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!*



**May 3: "Spy"**  
CIA analyst Susan Cooper transforms into an improbable superspy once her partner disappears. Melissa McCarthy, Jason Statham, Rose Byrne  
Action Comedy / 115 minutes / 2015 / R

**May 10: "Jimmy's Hall"**  
After 10 years, Jimmy Gralton returns to Ireland and reopens his dance hall for youngsters. Barry Ward, Simone Kirby, Jim Norton  
Drama / 106 minutes / 2015 / PG-13

**May 17: "Truth"**  
A dramatic re-creation of news anchor Dan Rather's fall from grace after he airs an erroneous report. Cate Blanchett, Robert Redford  
Biography / 121 minutes / 2015 / R

**May 24: "Burnt"**  
Chef Adam Jones struggles to open a world-class restaurant and win a coveted three-star rating. Bradley Cooper, Sienna Miller, Daniel Bruhl  
Comedy / 100 minutes / 2015 / R

**May 31: "The Wrecking Crew"**  
Musicians who provided backup instrumentals for numerous popular bands in the 1960's. Cher, Brian Wilson, Dick Clark  
Rockumentary / 101 minutes / 2015 / PG

**STAY ACTIVE**

*BOWLING / ICE SKATING IN ORLEANS*  
*PING PONG*  
*STRENGTH TRAINING with Dot Sanderson*  
*STRETCH & STRENGTH with Dot Sanderson*  
*TAI CHI with Geof Karlson*  
*WALK THE HALLS*  
*STRETCH INTO YOGA / YOGA with Christine Frisco*

**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*  
*GAME-OF-THE-MONTH*

**TAKE A RIDE**

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

**CREATE & LEARN**

*DRAWING with Kathi Smith*  
*GRACE NOTES CHORUS with Mary Abt*  
*OPEN STUDIO*  
*PAINTING with Steve Kennedy*  
*STORY SWAP with Dan Lynch*  
*TECH SUPPORT with Provincetown Library*  
*TRAVELOGUE with Larry Moodry*  
*WRITING CONNECTION with Hilde Oleson*

**ENJOY A MEAL**

*ELDER SERVICES SENIOR DINING LUNCH*  
*MEN'S BREAKFAST*



**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 / DISTRIBUTION      \*SHINE  
\*LEGAL ASSISTANCE                      \*SOCIAL SERVICES  
\*STORM REASSURANCE                \*TAX ASSISTANCE

## NEW PROGRAMS AT THE COA ...

### **ZOE LEWIS: A BAND IN A BODY!** *Thursday, May 12 @ 1:30 pm*

That's how many refer to Zoe Lewis. As her website says, "A multitude of instruments, gypsy jazz, world-beat grooves, original tunes, quirky storytelling and a huge sense of humor." Come enjoy a fun afternoon and sing along! Free. RSVP by 5/11.

### **TAKE CONTROL OF YOUR LIFE** *Thursday, May 19 @ 1:00 pm*

Sponsored by the Massachusetts Bar Association and co-hosted by the Provincetown and Truro COA's, an elder law attorney will provide information on: health care proxies, wills, powers of attorney, Medicaid/Medicare, alternatives to nursing facilities, guardianship. Find out the latest info with plenty of time to get your questions answered. This talk will be held at the Truro COA-rides available. Free. RSVP by 5/18.

### **GAME OF THE MONTH: CHARADES** *Wednesday, May 25 @ 1:15 pm*

Back by popular demand - Charades, where body language evokes body laughter. Join us, bring a friend or two-we'll have a blast!



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

### **TIME TOGETHER** *Thursday, May 5 @ 2:30 pm*

Enjoy a snack or beverage at Savory or an ice cream at Sweet Escape in Truro. Food: \$3+. Bus: \$1. RSVP by 5/4.

### **SEE THE DAY: PROVINCETOWN** *Thursday, May 12 @ 2:30 pm*

Let's spin around town, see the wharf in full swing and view the breakwater. Bus: \$1. RSVP: by 5/11.

### **OUT TO LUNCH: RED FACE JACK'S** *Tuesday, May 17 @ 10:30 am*

Red Face Jack's in Yarmouth for an exciting menu offering a special Tuesday \$6 burger. Food: \$8+. Bus: \$5. RSVP: by 5/12.

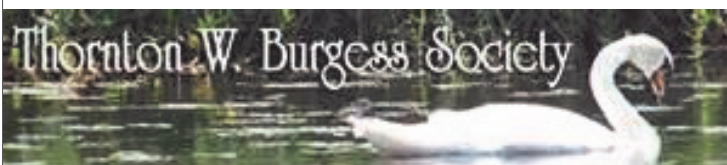
### **LOCAL THRIFTS & LUNCH** *Tuesday, May 24 @ 9:30 am*

Donate a bag to a local thrift store (Ruthie's Boutique & Methodist Thrift) with time to browse. (No furniture or large items). Lunch at Fanizzi's. Food: \$7+. Bus: \$1. RSVP by 5/19.

### **GREEN BRIAR JAM KITCHEN & THORNTON BURGESS MUSEUM**

*Tuesday, May 31 @ 8:30 am*

We'll tour this jam kitchen and art museum in Sandwich. There is a natural wildflower garden path and small animals to meet along the way. Visit the wonderful gift shop full of homemade jams and children's books by Thornton Burgess. Suggested museum donation: \$1.



Then we'll stop at Dunbar's Tea Room in Sandwich for a spot of lunch. Food: \$15+. Bus: Free. RSVP by 5/26.

**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

**MASSACHUSETTS TAX AMNESTY**

On April 1, the Department of Revenue began the 2016 Tax Amnesty Program which lasts until May 31. The goal of the program is to bring those taxpayers who have failed to file returns or have underreported their taxes into compliance.

Amnesty Program Highlights

- \*File delinquent returns or amend prior tax filings all online at [www.mass.gov/taxamnesty](http://www.mass.gov/taxamnesty)
- \*Pay only the tax and interest owed. Tax penalties and any interest due on those penalties will be waived.
- \*Non-filers may benefit from a three-year limited look-back.

AFTER TAX AMNESTY ENDS, PENALTIES  
AND FULL ENFORCEMENT MEASURES  
WILL BE BACK IN PLACE.

Eligibility

Amnesty is available to any individual or business who has not currently registered with the Department of Revenue, who has not filed a tax return, or who has not reported the full amount of tax owed on a previously filed tax return due on or before December 31, 2015.

How to Prepare

- 1) Review your prior filing obligations to determine if you failed to file a return or underreported the correct amount of tax due to the Commonwealth.
- 2) Gather any W-2's, 1099's, and K-1's. You will need to have a Social Security number for each individual listed on your return.
- 3) After you pull the information together, fill out the appropriate tax returns and schedules to determine the amount of tax owed and enter that information on the electronic Amnesty Return.

If you have any questions please fee free to call me at 508-487-7080 for assistance.

*With appreciation to...*



...the Provincetown/Truro Girl Scout Daisy Troop and their leaders Adrianna Stefani and Lisa Smith for hosting a delightful, fancy tea party. We hope to have more get-togethers with these wonderful children in the future.

...LisBeth Wiley Chapman for an informative "armchair tour" of the Edward Hopper sites.

...Brooks Reinhold and Beacon Hospice for hosting another fascinating Death Café. We're so pleased to be able to offer this program twice a year.

...the Mass Audobon Wellfleet Bay Wildlife Sanctuary for a great tour at their beautiful site.

...Ruthie Rogers for creating a permanent display in the lounge of the first jigsaw puzzle ever completed at the VMCC. Be sure to sign the note by it if you were a contributor. (Who did put in the last piece, btw?!)

...the Rec Department, the children in their after-school program and to Ruthie Rogers and her COA Garden Collage students for the spring scene in the main lobby. Stop by and feast your eyes!



**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

# MAY 2016

**Bold is new program**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis* 8:30 <b>2</b> Stretch & Strength 10:15 Tai Chi 11:30 COA Radio Show WOMR 92.1 12:30 Social Services*	Orleans* 9:00 <b>3</b> Yoga 9:00 Painting* 9:30 Movie 1:00 Bridge 1:00 Veterans Agent*	Drawing* 9:30 <b>4</b> Strength Training 10:15 Blood Pressure/ Glucose/Ask-A-Nurse 11-1:00 ES Lunch* Noon Travelogue 1:00 Tech Support 1-2:00	Stop & Shop* 9:30 <b>5</b> Painting* 9:30 Library* 10:00 Stretch Yoga 10:30 Cribbage Noon Open Studio 1-4:00 <b>Time Together* 2:30</b> Grace Notes 4:00 Veterans Agent*	Writing <b>6</b> Connection 10:00
Hyannis* 8:30 <b>9</b> Stretch & Strength 10:15 Tai Chi 11:30 Social Services* SHINE*	Yoga 9:00 <b>10</b> Movie 1:00 Bridge 1:00 Veterans Agent*	Drawing* 9:30 <b>11</b> Strength Training 10:15 ES Lunch* Noon Legal Aid 1:00 Tech Support 1-2:00	Stop & Shop* 9:30 <b>12</b> Library* 10:00 Stretch Yoga 10:30 Cribbage Noon Open Studio 1-4:00 <b>Zoe Lewis* 1:30</b> <b>See The Day* 2:30</b> Grace Notes 4:00 Podiatrist* Veterans Agent*	Writing <b>13</b> Connection 10:00
Hyannis* 8:30 <b>16</b> Stretch & Strength 10:15 Tai Chi 11:30 Social Services*	Yoga 9:00 <b>17</b> Men's Breakfast* 9:00 <b>Out to Lunch* 10:30</b> Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training <b>18</b> 10:15 ES Lunch* Noon Blood Pressure/Ask-A-Nurse 11-1:00 Hearing* 1:00 Story Swap 1:00 Tech Support 1-2:00	Stop & Shop*9:30 <b>19</b> Library* 10:00 Stretch Yoga 10:30 Cribbage Noon Open Studio 1-4:00 <b>Elder Law* 1:00</b> <b>@ Truro COA</b> Grace Notes 4:00 Veterans Agent*	Writing <b>20</b> Connection 10:00
Hyannis* 8:30 <b>23</b> Stretch & Strength 10:15 Tai Chi 11:30 Social Services* SHINE*	Yoga 9:00 <b>24</b> <b>Thrift Shops* 9:30</b> Movie 1:00 Bridge 1:00 Veterans Agent*	Strength Training <b>25</b> 10:15 ES Lunch* Noon Tech Support 1-2:00 <b>Charades* 1:15</b>	Stop & Shop*9:30 <b>26</b> Library* 10:00 <b>LYLW* 10:00</b> Stretch Yoga 10:30 Cribbage Noon Open Studio 1-4:00 <b>Health Fair 2-4:00</b> Grace Notes 4:00 Podiatrist* Veterans Agent*	Writing <b>27</b> Connection 10:00
<b>CENTER</b> <b>30</b> <b>CLOSED</b> <b>MEMORIAL DAY</b> 	<b>Thornton Burgess</b> <b>31</b> <b>Museum* 8:30</b> Yoga 9:30 Movie 1:00 Bridge 1:00 Veterans Agent*	<b>COA HOURS</b> <b>MON - THURS</b> <b>8 am-5pm</b> <b>FRIDAY</b> <b>8 am-NOON</b>	<b>APPOINTMENTS</b> <b>HEARING</b> <b>508-255-1285</b> <b>SHINE</b> <b>508-487-7080</b> <b>VETERANS AGT</b> <b>508-487-7099</b>	<b>ELDER SERVICES</b> <b>WEDNESDAY LUNCH</b> <b>RSVP BY TUESDAY 10:00</b> <b>508-487-2700</b>



PROVINCETOWN COUNCIL ON AGING  
2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRT STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## WORD SEARCH

Y J R Q M L T P G I W E G J Z  
L G C F V A L L E Y O R P Z W  
I Z M C N G H F E Z M M M J L  
L B E B I C T E L O P Y A M I  
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CINCO DE MAYO  
EMERALD  
GEMINI  
MAYPOLE  
MEMORIAL  
MOTHERS  
TAURUS  
LILY  
VALLEY  
ZOE  
LEWIS

