

# PROVINCETOWN COASTLINES

## PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street  
Provincetown, MA 02657

### JULY 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

July is a month of celebration. Millions of Americans will watch parades and fireworks on the 4th in honor of our nation's independence. For many of us, it is the perfect month to spend outdoors: walking the beach, enjoying barbecues and clambakes, sitting on Town Hall benches watching the world stroll by or picnicking at Beech Forest. For others, July is a time to welcome family, friends and visitors, whose sad goodbyes remind us how fortunate we are to live in this beautiful town.



Whatever July means to you, we hope you will celebrate it with us at one of our special events (see below) or an Out & About (see Page 3). We look forward to seeing you. ~Chris

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### FOURTH OF JULY LUNCHEON

*Wednesday, July 6 at Noon*

We'll celebrate Independence Day with a special Fourth of July indoor picnic in the COA dining room. Sing along with patriotic songs amidst the red, white and blue. \$2 lunch donation. Rides are available: \$1 donation. Reservations required: call Nancy Dooley at 508-487-2700 by 10:00 a.m. on July 5 to sign up.

### SUMMER COOKOUT WITH THE PROVINCETOWN POLICE

*Thursday, July 14 at Noon*

The tradition lives on! Our Provincetown Police Department will host a summer cookout especially for seniors. Officers will cook, serve and join you for lunch while you relax and enjoy the company of friends. As always, our appreciation goes out to the Police Department for treating us to this special event. Free lunch. Rides are available: \$1 donation. Reservations required by July 11: call the COA.



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



**TRAVELOGUE**

**AMAZON RIVER CRUISE**

*Wednesday, July 6 @ 1:15 pm*

Cruise the world's mightiest river!  
Join us for a free slide show presentation  
with world traveler Larry Moodry.

**JOIN US AT THE MOVIES**

***TUESDAYS @ 1:00 pm***

***Free movie and popcorn!***

*Enjoy more Academy Award nominees...*

**July 5: "Trumbo"**

Dalton Trumbo, famed 1940's screenwriter, is sent to prison after refusing to testify about alleged propaganda in Hollywood films and is blacklisted and labeled a Communist.

Bryan Cranston, Diane Lane, Helen Mirren  
Bio-Drama / 125 minutes / 2015 / R

**July 12: "Brooklyn"**

Irish immigrant, Ellis Lacey, finds her loyalties divided between two nations and two men.

Saoirse Ronan, Domhnall Gleeson, Emory Cohen  
Romantic Drama / 111 minutes / 2015 / PG-13

**July 19: "The Big Short"**

A handful of financial outsiders foresee the credit bubble of 2007 coming and bet against the banks.

Christian Bale, Steve Carell, Ryan Gosling  
Bio-Drama / 130 minutes / 2015 / R

**July 26: "Steve Jobs"**

Focusing on a few key incidents, this bio-pic tells the story of the co-founder of Apple, a digital visionary who changed the world.

Biography / 123 minutes / 2015 / R



**STAY ACTIVE**

*BOWLING / ICE SKATING IN ORLEANS  
PING PONG*

*STRENGTH TRAINING with Dot Sanderson  
STRETCH & STRENGTH with Dot Sanderson*

*STRETCH INTO YOGA with Christine Frisco*

*TAI CHI with Geof Karlson*

*WALK THE HALLS*

*YOGA with Christine Frisco*

**BE WELL**

*VNA CLINIC:*

*ASK-A-NURSE, BP, GLUCOSE*

*HEARING EVALUATIONS*

*PODIATRIST*

*WELLNESS PRESENTATIONS*

**PLAY GAMES**

*BOARD GAMES*

*BRIDGE / CRIBBAGE*

*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**

*GRACE NOTES CHORUS with Mary Abt*

*STORY SWAP with Dan Lynch*

*TRAVELOGUE with Larry Moodry*

*WRITING CONNECTION with Hilde Oleson*

**ENJOY A MEAL**

*ELDER SERVICES SENIOR DINING LUNCH*

*MEN'S BREAKFAST*

*SPECIAL EVENTS*



**RELAX**

*CONCERTS / MUSIC SALONS*

*HANG OUT IN THE LOUNGE OR MEDIA CENTER*

*LISTEN TO COA RADIO SHOW ON WOMR*

*WATCH COA EVENTS 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*

## COA PROGRAM UPDATES

### **GRACE NOTES** *Thursdays @ 3:00 pm*

Our COA Chorus, directed by Mary Abt, will continue to meet on Thursdays this summer but the time will change to 3:00 p.m. Thanks to a generous donation and Mary's kind willingness to teach, we have purchased ukuleles for our singers to play! If you're tired of singing to yourself alone at home, come sing, laugh and play with us. No experience or registration necessary.



### **VNA CLINIC** *1st Wednesday of the month, 11:00 am-1:00 pm*

Starting in July, the VNA Ask-A-Nurse/Blood Pressure/Glucose clinic will be offered once/month (not twice) on the first Wednesday of each month from 11:00 am-1:00 pm. No appointment necessary.

### **GAME OF THE MONTH**

Look for the Game-of-the-Month to return in the fall.

## LET'S GET "OUT & ABOUT" ON THE COA BUS!

**508-487-7080**

### **OUT TO LUNCH: SESUIT HARBOR CAFÉ** *Tuesday, July 12 @ 10:00 am*



Let's head out to Sesuit Harbor in Dennis and enjoy lunch on the beach overlooking this picturesque waterway, watching the boats come in and out of the marina. Raw bar and regular menu available. Food: \$9+ (no credit cards please). Bus: \$4. RSVP by 7/7.

### **HYANNIS HARBOR TOUR & BAXTER'S** *Tuesday, July 19 @ 8:30 am*

Cruise the Hyannis Harbor with Hi-Line including a history of the harbor and a ride by the Kennedy Compound, Egg Island and nearby lighthouses. Flat shoes and light jacket. Lunch at the historic Baxter's Boathouse on the waterfront. Boat fare: \$17. Food: \$12+. Bus: Free! RSVP by 7/14.

### **FRENCH TRANSATLANTIC CABLE STATION** *Tuesday, July 26 @ 9:00 am*

**& THE KNACK** Enjoy a guided tour of the maps, memorabilia, undersea cable and instruments at this Orleans museum. Admission: \$5 donation. Then lunch at The Knack serving all local ingredients with a healthful flair of Cape Cod served from a fast food window. A stop at the Salt Pond Visitors Center in Eastham (free) for a brief walk or view the exhibits before heading home. Food: \$7+. Bus: \$5. RSVP by 7/21.

## **JULY IS NATIONAL ICE CREAM MONTH!**

### **LOCAL 'SCREAMS: MAC'S OF PROVINCETOWN**

*Thursday, July 7 @ 2:30 pm*

Ice cream or sweet treats. Soft or hard ice cream: \$4+. Bus: \$1. RSVP by 7/6.

### **LOCAL 'SCREAMS: SWEET ESCAPE OF TRURO**

*Thursday, July 21 @ 2:30 pm*

Ice cream or sweet treats. Fresh made hard ice cream: \$3+. Bus: \$1. RSVP by 7/13.

### **LOCAL 'SCREAMS: TURNER'S OF PROVINCETOWN**

*Thursday, July 28 @ 2:30 pm*

Ice cream or sweet treats. Soft or hard ice cream: \$3.50+. Bus: \$1. RSVP by 7/20.



**OUTREACH UPDATES** Andrea Lavenets

As warmer weather arrives I like to take the time to remind everyone of summer safety tips. While people of all ages face specific health risks, seniors have particular health risks that need to be understood and monitored, especially in the heat of the summer.

1)**Drink plenty of liquids**—Water is a key component of preventing dehydration. Alcohol, soda., coffee and tea can leave you dehydrated quickly. Fruits are a great source of liquid.

2)**Dress appropriately**—Wear loose-fitting clothing in natural fabrics like cotton as well as lighter colors that will reflect the sun.

3)**Sunblock**—Protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.

4)**Stay indoors**—In extreme heat and high humidity, the body must work extra hard to maintain normal temperature. If you do need to go out, arrange transportation where you will not need to walk a long distance.

5)**Air conditioning**—Try and keep your home as cool as possible. Closing the curtains can keep out the afternoon sun. If you do not have air conditioning in your home go somewhere that does. The COA is a place you can take advantage of this.

Take time this summer to check on loved ones and be aware of the signs of heat stroke. Flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion are some to name a few. Take action if you feel symptoms coming on or witness someone else experiencing them.

Remember come visit us at the COA whether it be to partake in an activity or cool down in our lounge. We love to see you!

*With appreciation to...*



...the Friends of the Provincetown Council on Aging for another successful bake sale at the firehouse on Memorial Day weekend. Thanks, too, to all of you who baked or bought goodies. As we always say, we couldn't do it without you!

...Zoe Lewis for such a fun, happy, beautiful show. We love her energy!

...the Victrola Society for the magnificent concert. Everyone had such a good time and we are already planning to invite them back.

...all who made the Live Your Life Well workshop such a special event. A great reminder to slow down and take care of ourselves...and laugh a lot!

**REMINDER**

All programs are held at the COA unless otherwise noted. Programs are subject to change.

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Donation amounts are suggested.

All contributions are appreciated!

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

**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

# JULY 2016

*Bold is new program*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>COA HOURS</u></b></p> <p><b>MONDAY-THURSDAY</b> 8 am-5pm <b>FRIDAY</b> 8 am-Noon</p>	<p><b><u>APPOINTMENTS</u></b></p> <p><b>HEARING</b> 508-255-1285</p> <p><b>SHINE</b> 508-487-7080</p> <p><b>VETERANS AGT</b> 508-487-7099</p>	<p><b><u>ELDER SERVICES</u></b></p> <p><b><u>WEDNESDAY LUNCH</u></b></p> <p><b>RSVP BY TUESDAY 10:00</b> 508-487-2700</p>		<p>Writing <b>1</b> Connection 10:00</p>
<p><b><u>CENTER CLOSED</u></b> <sup>4</sup></p> 	<p>Orleans* 9:00 <b>5</b> Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Strength Training <b>6</b> 10:15 Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00 <b>Holiday Lunch* Noon</b> Travelogue 1:00 How to Bridge*2:00</p>	<p>Stop &amp; Shop* 9:30 <b>7</b> Library* 10:00 Stretch Yoga 10:30 Cribbage Noon <b>Mac's* 2:30</b> Grace Notes 3:00 <i>Note New Time!</i> Veterans Agent*</p>	<p>Writing <b>8</b> Connection 10:00</p>
<p>Hyannis* 8:30 <b>11</b> Stretch &amp; Strength 10:15 Tai Chi 11:30 Social Services*</p>	<p>Yoga 9:00 <b>12</b> <b>Out to Lunch* 10:00</b> Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Strength Training <b>13</b> 10:15 ES Lunch* Noon Legal Aid 1:00 How to Bridge*2:00</p>	<p>Stop &amp; Shop*9:30 <b>14</b> Library* 10:00 Stretch Yoga 10:30 <b>Police Cookout* Noon</b> Cribbage Noon Grace Notes 3:00 Veterans Agent*</p>	<p>Writing <b>15</b> Connection 10:00</p>
<p>Hyannis* 8:30 <b>18</b> Stretch &amp; Strength 10:15 Tai Chi 11:30 Social Services* SHINE*</p>	<p><b>Hyannis Harbor Tour* 8:30</b> Yoga 9:00 Men's Breakfast* 9:00 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Strength Training <b>20</b> 10:15 ES Lunch* Noon Hearing* 1:00 Story Swap 1:00</p>	<p>Stop &amp; Shop*9:30 <b>21</b> Library* 10:00 Stretch Yoga 10:30 Cribbage Noon <b>Sweet Escape* 2:30</b> Grace Notes 3:00 Veterans Agent*</p>	<p>Writing <b>22</b> Connection 10:00</p>
<p>Hyannis* 8:30 <b>25</b> Stretch &amp; Strength 10:15 Tai Chi 11:30 Social Services* SHINE*</p>	<p><b>TransAtlantic Cable* 9:00</b> <b>26</b> Yoga 9:00 Movie 1:00 Bridge 1:00 Veterans Agent*</p>	<p>Strength Training <b>27</b> 10:15 ES Lunch* Noon</p>	<p>Stop &amp; Shop*9:30 <b>28</b> Library* 10:00 Stretch Yoga 10:30 Cribbage Noon <b>Turner's* 2:30</b> Grace Notes 3:00 Podiatrist* Veterans Agent*</p>	<p>Writing <b>29</b> Connection 10:00</p>



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2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRST STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## WORD SEARCH



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

BAND  
BARBQ  
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FIREWORKS  
FLAG  
FLOAT  
FOURTH  
HOLIDAY  
JULY  
PARADE  
RED  
STARS  
STRIPES  
SUMMER  
WHITE