

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

NOVEMBER 2016

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MAUREEN HURST - *ADMINISTRATIVE ASSISTANT*
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508-487-7080

www.provincetown-ma.gov

From the Director

November is here, a time to gather with loved ones to give thanks for all that we are grateful for in our lives.

We hear a lot about gratitude these days ~ “an attitude of gratitude” or “gratitude is the best attitude.” As often happens, research is now catching up with things that we know intuitively; feelings of gratitude feel good and are good for you.

Studies are proving some of the positive aspects of gratitude and one’s attitude towards life. People who are naturally grateful or practice appreciation “experience more positive emotions, feel more alive, sleep better, express more compassion and kindness and even have stronger immune systems.” (www.happify.com/hd/the-science-behind-gratitude). In fact, you don’t even have to actually feel grateful to gain benefits. In a much-quoted 1993 experiment, researchers found that “acting happy (participants were asked to smile forcibly) stimulated brain activity associated with positive emotions.” (www.nytimes.com)

Many people have begun gratitude journals, writing down things they appreciate and then referring back to it as a reminder of their thankfulness. You could start a gratitude jar where you write down things you’re grateful for on pieces of paper and then pick one or pour them out and read them when you need a lift. Even just noticing something like a beautiful sky, a child playing or a bird flying is good for you!

As Thanksgiving reminds us of all we’re grateful for, we hope you will join us in our holiday traditions at the COA. ~Chris



THANKSGIVING LUNCH

Wednesday, November 23 at Noon

Join us for a Thanksgiving lunch in our dining room as we give thanks together.

RSVP: 508-487-7080 by November 18.

Suggested donation: \$5 / Rides: \$1 donation.

TREE OF THANKS

Once again this year we will join with the children in the Recreation Department

After-School Program to create a Tree of Thanks for the VMCC lobby.

Stop in any time to write something you’re grateful for on a leaf and add it to the tree.



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



TRAVELOGUE: THE INCA TREK IN PERU

Wednesday, November 5
1:15 pm

Visit Peru with world traveler, Larry Moodry,
at this free slideshow presentation.

JOIN US AT THE MOVIES!

TUESDAYS @ 1:00 pm

Free movie and popcorn!

November 1: "Hail Caesar"

In 1950's Hollywood, a screen idol is abducted from a movie set and Eddie Mannix needs to "fix it" and fast. Josh Brolin, George Clooney, Scarlett Johansson
Mystery / 106 minutes / 2016 / PG-13

November 8: "Eddie the Eagle"

Based on a true story, Eddie "the Eagle" Edwards becomes the first Englishman to compete in the Winter Olympics ski jump.

Hugh Jackman, Christopher Walken, Jo Hartley
Sports Biography / 105 minutes / 2016 / PG-13

November 15: "I Saw the Light"

A candid biography of country-western singer Hank Williams, including some demons he faced.

Tom Hiddleston, Elizabeth Olsen, Cherry Jones
Drama / 123 minutes / 2015 / R

November 22: "Spare Parts"

Based on a true story of four undocumented Mexican-American high school students whose dream is to compete against MIT in a national competition.

George Lopez, Jamie Lee Curtis, Marisa Tomei
Drama / 115 minutes / 2016 / PG-13

November 29: "A Hologram for the King"

A U.S. businessman tries to reverse his financial decline in Saudi Arabia.

Tom Hanks, Alexander Black
Drama / 97 minutes / 2016 / R



STAY ACTIVE

BOWL OR STROLL IN ORLEANS
PING PONG

STRENGTH TRAINING with Dot Sanderson
STRETCH & STRENGTH with Dot Sanderson
STRETCH INTO YOGA with Christine Frisco
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 / PUZZLES IN THE LOUNGE
BRIDGE
BRAIN GAMES IN MEDIA CENTER
CHARADES

TAKE A RIDE

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

CREATE & LEARN

DRAWING with Kathi Smith
GRACE NOTES CHORUS with Mary Abt
PAINTING with Steve Kennedy
STORY SWAP with Dan Lynch
TECH SUPPORT with Brittany Taylor
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson

ENJOY A MEAL

BREAKFAST IN ORLEANS
MEN'S BREAKFAST
OUT TO LUNCH

RELAX

AUTHORS' SERIES / 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

JOIN US AT THE COA...

MEMORY SCREENING *Wednesday, November 2*

The Alzheimer's Family Support Center of Cape Cod offers free memory screenings, a simple evaluation tool to check memory and thinking skills to determine whether more testing is needed. Free. RSVP required by 11/1.

PAINTING WITH STEVE KENNEDY *Tuesdays beginning November 8 @ 9:30 am*

A 6-class session intended for students with some painting experience. Often seen painting "en plein air", Steve is a renowned Cape artist who offers plenty of individual instruction during these 3-hour classes. Registration required, call Maureen for cost & materials list.



DRAWING WITH KATHI SMITH *Wednesdays beginning November 9 @ 9:30 am*

"No Fear Drawing," 6 three-hour classes, teaches drawing techniques based on observational skills, how to "see" through new eyes and put what you see on paper in a supportive atmosphere. Kathi is a well-known local artist, accomplished in several mediums. Registration required, call Maureen for cost & materials list.

AUTHORS' SERIES *Thursday, November 10 @ 1:30 pm*

Phoebe Otis reads from and discusses her novel, Jack's Place, where a woman comes to Provincetown and finds unexpected new friends, a special dog and a beautiful town with a darker side. Free. RSVP by 11/8.

KNITTING WITH ANDREA *Thursdays beginning November 10 @ 3:00 pm*

Join a knitting circle with Outreach Coordinator Andrea Lavenets in our comfy lounge for friendly conversation and relaxation. Some materials available. Free. Light refreshments. No RSVP.

VICTROLA SOCIETY *Thursday, November 17 @ 1:30 pm at the Truro COA*

Celebrate Veterans' Day with The Victrola Society, Cape Cod's Senior Show Chorus. Patriotic songs of WWII, romantic ballads, more. Co-hosted with Truro COA in Truro, rides available, \$2. Free concert. RSVP by 11/15.

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

ORLEANS BREAKFAST & BOWL OR STROLL *Tuesday, November 1 @ 9:00 am*

Breakfast at Eastham's Fairway Restaurant then bowl or stroll. Food: \$6+. Bus: \$5. RSVP by 10/27.

TIME TOGETHER: SAVORY / SWEET ESCAPES *Thursday, November 10 @ 2:30 pm*

Snacks, beverages or ice cream at another eatery. Food: \$3+. Bus: \$2. RSVP by 11/9.

OUT TO LUNCH: THE HIDDEN COVE *Tuesday, November 15 @ 10:00 am*

Cape Cod Regional Technical High School culinary students delight us for this delicious meal experience. Food: \$8+. Bus: \$5. RSVP by 11/10.

BOURNE OUTLET STORES & MARKET BASKET *Tuesday, November 22 @ 8:30 am*

Shopping and bargains. Lunch on your own at the café. Bus: \$5. RSVP by 11/17.

WHYDAH MUSEUM: YARMOUTH *Tuesday, November 29 @ 8:30 am*

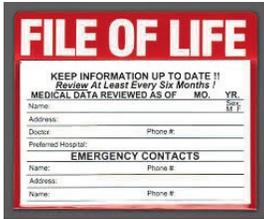
A new interactive museum where you will learn of the famed pirate, "Black Sam" and the ship that pirated 53 vessels and later sunk off the coast of Cape Cod. Lunch at Hearth & Kettle, stop at Marion's Famous Pies for a to-go treat. Discounted Museum: \$12.50. Food: \$9+. Bus: \$5. RSVP by 11/23.



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*



Medical emergencies can happen any time. When they do, there can often be confusion, panic and urgency.

Paramedics arrive on scene with no information about the person in need. Seconds count and they can make the difference between life and death.

Having a **File of Life** can help. The File of Life is a piece of paper with your medical and personal information on it that is kept in a red magnetic envelope attached to your refrigerator. It gives emergency professionals answers they need such as prior medical conditions, allergies, current medications, emergency contacts, etc. It is important to have this filled out, up-to-date, and posted where it can be seen. A wallet size version is also available. Please call me if you do not have a File of Life or you need help filling out one you have previously obtained.

There are other resources that can help you in an emergency. I am sure everyone is familiar with Life Alert buttons which you press when you are injured but unable to call for help. They alert the police and rescue squad who respond quickly to assist you.

If you feel that you are still pretty independent but are living alone and would like an added safety benefit, you can sign up for the Police Reassurance Program. Participants call the police every morning to check in; if the Police don't hear from you, they will check in on you.

If you are interested in either program, give me a call and I will assist you.

With appreciation to...



...Hilde Oleson for helping us celebrate Senior Center Month by reading from her latest book, "Why?". We're so fortunate to have you as part of the COA!

...Brooks Reinhold, Beacon Hospice, for leading one of our favorite programs, the Death Café.

...Chris Morin, Independence House, for treating kids of all ages to ice cream sundaes in honor of Intergenerational Month.

...Kidde United Technologies, for donating 35 smoke alarms, and to CASAS, for donating pet stickers to the COA for distribution to seniors.

REMINDER!

Open Enrollment for Medicare ends December 7!

Call us to schedule an appointment with a SHINE counselor who can help you understand your options.

SAVE THE DATE

Thursday, December 1 at 1:30 pm: "Independence at Home" - HopeHealth will present a one-hour free workshop for seniors, caregivers and family members. Details next newsletter or ask Andrea for info.

ELECTION DAY IS NOVEMBER 8!



Need a ride to the polls?
Call now to sign up for a free door-to-door ride on the COA bus.
Pick-ups will be at noon.

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

NOVEMBER 2016

Bold is new program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast & 9:00 ¹ Yoga 9:00 Movie 1:00 Bridge 1:00 Buried in Treasures 1:30 Veterans Agent*	Strength Training ² 10:15 Blood Pressure/ Glucose/Ask- A-Nurse 11-1:00 Lunch* Noon Travelogue 1:15 Memory Screen*	Stop & Shop* 9:30 ³ Library* 10:00 Stretch Yoga 10:30 Grace Notes 3:00 Veterans Agent*	Writing ⁴ Connection 10:00
Hyannis* 8:30 ⁷ Stretch & Strength 10:15 Social Services* COA Radio Show WOMR 92.1 fm 12:30	Yoga 9:00 ⁸ Painting* 9:30 Voting Rides* Noon Movie 1:00 Bridge 1:00 Buried in Treasures* 1:30 Veterans Agent*	Drawing* 9:30 ⁹ Strength Training 10:15 Lunch* Noon Legal Aid 1:00 Tech Help 1-2:00	Stop & Shop* 9:30 ¹⁰ Library* 10:00 Stretch Yoga 10:30 Author's Series* 1:30 Time* 2:30 Knitting 3:00 Grace Notes 3:00 Veterans Agent* Podiatrist*	<u>CENTER</u> ¹¹ <u>CLOSED</u> 
Hyannis* 8:30 ¹⁴ Stretch & Strength 10:15 Social Services* SHINE*	Yoga 9:00 ¹⁵ Men's Breakfast* 9:00 at Seashore Pt Painting* 9:30 Out to Lunch* 10 Movie 1:00 Bridge 1:00 Buried in Treasures* 1:30 Veterans Agent*	Drawing* 9:30 ¹⁶ Strength Training 10:15 Lunch* Noon Hearing* 1:00 Story Swap 1:00	Stop & Shop* 9:30 ¹⁷ Library* 10:00 Stretch Yoga 10:30 Victrola Society* @ Truro COA 1:30 Knitting 3:00 Grace Notes 3:00 Veterans Agent*	Writing ¹⁸ Connection 10:00
Hyannis* 8:30 ²¹ Stretch & Strength 10:15 Social Services* SHINE*	Yoga 9:00 ²² Bourne* 8:30 Painting* 9:30 Movie 1:00 Bridge 1:00 Buried in Treasures* 1:30 Veterans Agent*	Drawing* 9:30 ²³ Strength Training 10:15 Thanksgiving Lunch* Noon Tech Help 1-2:00 Charades 1:15	<u>CENTER</u> ²⁴ <u>CLOSED</u> 	<u>CENTER</u> ²⁵ <u>CLOSED</u> 
Hyannis* 8:30 ²⁸ Stretch & Strength 10:15 Social Services* SHINE*	Yoga 9:00 ²⁹ Whydah* 8:30 Painting* 9:30 Movie 1:00 Bridge 1:00 Buried in Treasures* 1:30 Veterans Agent*	Drawing* 9:30 ³⁰ Strength Training 10:15 Lunch* Noon	<u>COA</u> <u>HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON	<u>APPOINTMENTS</u> HEARING 508-255-1285 SHINE 508-487-7080 VETERANS AGENT 508-487-7099



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2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH



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

NOVEMBER
HOLIDAY
HAPPY
THANKS
GIVING
HONOR
REMEMBER
VETERANS
VOTE
ELECTION
APPRECIATE
BOUNTY
GATHER
GRATEFUL
HARVEST