

PROVINCETOWN COASTLINES

PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street
Provincetown, MA 02657

DECEMBER 2017

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

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Season's Greetings

Wishing each of you a beautiful holiday season!

Chris, Maureen, Andrea, Donna, Rick, Nancy and Carla

DAVID ASHER HOLIDAY DINNER

SUNDAY, DECEMBER 10 at Noon

Provincetown COA, 2 Mayflower Street

Each year, an amazing group of community volunteers comes together to host a delicious holiday meal with all the trimmings especially for seniors. Food is prepared by local chefs and music is provided by the Lower Cape Concert Band.

Please join us for this very special free event, one of the most treasured traditions of the season.

*Rides are provided free of charge
(and encouraged - parking is limited).*

If you are homebound, we can also deliver a meal.

Call now to reserve your space!

Reservations are required by December 6: 508-487-7080

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



TRAVELOGUE

*Wednesday, December 6
1:15 pm*

"MAINLAND CHINA"

A dvd presentation with host and world traveler, Larry Moodry. All are welcome. No RSVP necessary.

JOIN US AT THE MOVIES

*TUESDAYS @ 1:00 pm
Free movie and popcorn!*

December 5: "Beatriz at Dinner"

When her car breaks down at the home of a rich client, a woman is invited to stay for a dinner party where she clashes with a billionaire.

Salma Hayek, John Lithgow

Drama / 2017 / 83 / R

December 12: "Miss Sloane"

A political strategist pushes legislation to enact tougher gun control.

Jessica Chastain, Mark Strong

Drama / 2016 / 132 min / R

December 19: "The Big Sick"

Based on comedian Nanjiani's life, the true story of how he met his wife while dealing with the expectations of his strict Muslim family.

Kumail Nanjiani, Zoe Kazan

Comedy / 2017 / 119 minutes / R

December 26: (with Rec. Dept.)

"How the Grinch Stole Christmas"

An annual tradition! Each year we invite the children in the Rec Department program to join us for a holiday movie and popcorn.

Jim Carrey

Comedy / 2000 / 105 minutes / PG



STAY ACTIVE

*CHAIR 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
YOGA with Christine Frisco*

CREATE & LEARN

*TECH HELP with Ed Terrill
DECOUPAGE with Ruthie Rogers
DRAWING with Kathi Smith
GRACE NOTES / UKULELES with Mary Abt
OPEN STUDIO in the Art Room
PAINTING with Steve Kennedy
STORY SWAP with Dan Sanders
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson*

RELAX & SOCIALIZE

*BOARD GAMES / PUZZLES in the Lounge
BRAIN GAMES in the Media Center
BRIDGE
KNITTING CIRCLE
SCRABBLE
WEEKLY MOVIES / CLASSIC MOVIES
HANG OUT in the Lounge or Media Center
COA SHOW on WOMR / COA 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...**HOUSING REHABILITATION PROGRAM Thursday, December 7 @ 10 am**

The Community Development Partnership will discuss funding available to eligible homeowners to pay for critical repairs such as roofing, siding, electrical, heating, plumbing work, structural repairs, lead paint abatement and energy efficiency upgrades. Get expert assistance and work with quality licensed, insured contractors. Don't wait! Find out more at this presentation or call Jean at 508-240-7873, ext. 14 or go to www.capecdp.org.

HOLIDAY LUNCHES Wednesdays, December 20 & 27 @ Noon

Come to our weekly lunch to celebrate the holidays. On December 20, students from Provincetown Schools, under the direction of Mary Abt, will sing for us. On December 27, we'll ring out the old and ring in the New Year together. Suggested donation: \$3. Rides available: \$1. RSVP by noon on the Friday before the lunch.

CLASSIC MOVIES Wednesday, December 27 @ 1:30 pm

Join us once a month for a trip down Memory Lane as we feature a classic film from yesteryear on our new big screen tv. This month's feature is "An Affair to Remember" starring Cary Grant and Deborah Kerr (1957).

...OR GET "OUT & ABOUT" ON THE COA BUS!**SPECTACLE OF TREES AT CAPE COD MALL Monday, December 4 @ 8:30 am**

Our regular trip to Hyannis will give you a chance to view this beautiful display created by Cape non-profits. Bus donation: \$8. RSVP by 12/1 at noon.

BREAKFAST BUS Tuesday, December 5 @ 9 am

Jack's Outback in Yarmouth Port. A local favorite & best secret on the Cape! Bus donation: \$5. RSVP by 12/1.

SANDWICH GLASS MUSEUM ANNUAL GLASSBLOWERS' CHRISTMAS**Monday, December 11 @ 9 am**

Hundreds of glass ornaments by local artists will adorn trees in the museum gallery. Later, we'll lunch at Marshland Restaurant & Bakery. Museum: \$9. Bus: free. RSVP by 12/7.

HOLIDAY FESTIVITIES AT THE ATWOOD HOUSE & MUSEUM**Tuesday, December 12 @ 9:30 am**

Discover the exhibits of this recently expanded museum run by the Chatham Historical Society followed by lunch at the Chatham Squire. Museum: \$10. Bus: Free. RSVP by 12/7.

ATLANTIC SPICE Thursday, December 14 @ 1 pm

Holiday shopping in North Truro. Bus donation: \$2. RSVP by 12/13.

SEASIDE HOLIDAYS IN ORLEANS Tuesday, December 19 @ 10 am

Special events and shopping at Snow's Home & Garden, Friends' Marketplace and more. Lunch at Homeport Restaurant. Bus donation: \$5. RSVP by 12/15.

PROVINCETOWN LIGHTS Thursday, December 21 @ 2:30 pm

A tour through town to view holiday decorations with a stop at Far Land Provisions for a snack. Bus donation: \$1. RSVP by 12/20.

OUT TO LUNCH Tuesday, December 26 @ 11 am

Noble House Hibachi Grille/Sushi in Harwich. Bus donation: \$5. RSVP by 12/22 at noon.

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

As the winter months approach, isolation can occur as the weather gets colder, our schedules change and so forth. The Samaritans of Cape Cod & The Islands have a senior outreach program available to any individual 55 years or older. It is not always easy to tell someone when you're experiencing difficulties in life. Perhaps this is even more so for the seniors in our community—a proud, independent generation who are accustomed to making do on their own. The Samaritans know that sometimes all we need is a little extra support, and the Senior Outreach program provides that support safely and with dignity.

The program, created in 2009, consists of outgoing calls made to isolated or at-risk older adults.

Participants are matched with a Samaritan-trained volunteer who calls the senior once or twice each week. Conversations are confidential, and provide a safe place for older adults to talk about whatever is troubling them most without fear of judgment or repercussion.

If you have been impacted by health problems, retirement, social isolation, the loss of loved ones, depression, or have concerns about aging, volunteers are there to listen with compassion and empathy. If you have questions about this program or are interested in signing up please call 508-487-7080 and ask to speak to Andrea. You may also call Samaritans directly and self refer at 508-548-7999.

With appreciation to...

...everyone who made the Seniors of the Year luncheon, honoring Marian Goveia and Beata Cook, such a special day. A good time was had by all! ...the Friends of the Provincetown COA, our dedicated fundraising group (and to all of you who donate to the Friends!), for purchasing our new, big screen tv! Our movies look great and it will enable us to offer new programs. We couldn't do all that we do without our Friends.

**GIVEAWAYS**

We have free smoke alarms available as well as planning documents, including *Five Wishes*, the *Health Care Proxy* form and both refrigerator and wallet-sized *Files of Life*. For more information or to pick one up, call Andrea at 508-487-7080.

CALL NOW FOR SHINE!

The Medicare Open Enrollment Period for Medicare Plans (Part C) and Prescription Drug Plans (Part D) ends on December 7!

If you have not spoken with our SHINE counselor regarding your options, call now for an appointment or contact the Regional SHINE office 508-375-6762.

COUNCIL ON AGING BOARD

Amy Howell (Chair)
David Ketchum (Vice-Chair)
Chris Asselin (Clerk)
Julie Knapp
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

DECEMBER 2017

Bold=New Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>COA HOURS</u></p> <p>MON-THURS 8 AM - 5 PM</p> <p>FRIDAY 8 AM - NOON</p>		<p><u>APPOINTMENTS</u></p> <p>HEARING 508-255-1285</p> <p>MEALS ON WHEELS 508-349-2658</p> <p>VETERANS AGENT 508-487-7099</p>		<p>Foods to 1 Encourage 9-11 Writing Connection 10:00</p>
<p>Hyannis* 8:30 4</p> <p>Beg Drawing* 9:30</p> <p>Stretch & Strength 10:15</p> <p>Radio Show 12:30 WOMR 92.1 fm</p> <p>Scrabble 1:00</p> <p>Open Studio 1-4:00</p> <p>SHINE*</p>	<p>Yoga 9:00 5</p> <p>Breakfast Bus* 9:00</p> <p>Painting* 9:30</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Treasures* 2:00</p> <p>Veterans Agent*</p> <p>Social Services*</p>	<p>Drawing* 9:30 6</p> <p>Strength</p> <p>Training 10:15</p> <p>Lunch* Noon</p> <p>Knitting 1:00</p> <p>Travelogue 1:15</p> <p>Decoupage* 1:30</p>	<p>Yoga 9:00 7</p> <p>Stop&Shop*9:30</p> <p>Housing Rehab 10:00</p> <p>Chair Yoga 10:30</p> <p>Support* 2:30</p> <p>Grace Notes 4:00</p> <p>Library*</p> <p>Veterans Agent*</p> <p>SHINE*</p>	<p>Writing 8 Connection 10:00</p>
<p>Sandwich* 9:00 11</p> <p>Beg Drawing* 9:30</p> <p>Stretch & Strength 10:15</p> <p>Scrabble 1:00</p> <p>Open Studio 1-4:00</p>	<p>Yoga 9:00 12</p> <p>Atwood House* 9:30</p> <p>Painting* 9:30</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Treasures* 2:00</p> <p>Veterans Agent*</p> <p>Social Services*</p> 	<p>Drawing* 9:30 13</p> <p>Strength</p> <p>Training 10:15</p> <p>Lunch* Noon</p> <p>Tech Help* 1:00</p> <p>Legal Aid 1:00</p> <p>Knitting 1:00</p> <p>Decoupage* 1:30</p>	<p>Yoga 9:00 14</p> <p>Stop&Shop*9:30</p> <p>Chair Yoga 10:30</p> <p>Atlantic Spice*1:00</p> <p>Support* 2:30</p> <p>Grace Notes 4:00</p> <p>Library*</p> <p>Podiatrist*</p> <p>Veterans Agent*</p>	<p>Foods to 15 Encourage 9-11 Writing Connection 10:00</p>
<p>Hyannis* 8:30 18</p> <p>Beg Drawing* 9:30</p> <p>Stretch & Strength 10:15</p> <p>Scrabble 1:00</p> <p>Open Studio 1-4:00</p> <p>SHINE*</p>	<p>Yoga 9:00 19</p> <p>Painting* 9:30</p> <p>Orleans* 10:00</p> <p>Movie 1:00</p> <p>Bridge 1:00</p> <p>Treasures* 2:00</p> <p>Veterans Agent*</p> <p>Social Services*</p>	<p>Drawing* 9:30 20</p> <p>Strength</p> <p>Training 10:15</p> <p>Lunch* Noon</p> <p>Story Swap 1:00</p> <p>Hearing* 1:00</p> <p>Knitting 1:00</p> <p>Decoupage* 1:30</p>	<p>Yoga 9:00 21</p> <p>Stop&Shop*9:30</p> <p>Chair Yoga 10:30</p> <p>Ptown Lights* 2:30</p> <p>Support* 2:30</p> <p>Grace Notes 4:00</p> <p>Library*</p> <p>Veterans Agent*</p>	<p>Writing 22 Connection 10:00</p>
<p><u>CENTER</u> 25</p> <p><u>CLOSED</u></p> 	<p>Yoga 9:00 26</p> <p>Out to Lunch* 11:00</p> <p>Movie with Rec 1:00</p> <p>Bridge 1:00</p> <p>Veterans Agent*</p> <p>Social Services*</p> 	<p>Strength 27</p> <p>Training 10:15</p> <p>Lunch* Noon</p> <p>Tech Help* 1:00</p> <p>Knitting 1:00</p>	<p>Yoga 9:00 28</p> <p>Stop&Shop*9:30</p> <p>Chair Yoga 10:30</p> <p>Grace Notes 4:00</p> <p>Library*</p> <p>Podiatrist*</p> <p>Veterans Agent*</p>	<p>Writing 29 Connection 10:00</p>



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PRSRST STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH



H O L I D A Y E W D D M Q G J
C O S F U C C L K E A N H O X
W S J W W I G Z D D L R Y I G
H E A Z T M E R R Y R C K A F
P A O S I S N H W P O T O V Y
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G O T A H V A X Z D G V X B E
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HAPPY
HOLIDAY
SEASON
WELCOME
WINTER
SOLSTICE
LIGHT
DARK
LOVE
MERRY
PEACE
JOY
NEW
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