

IN HONOR OF
NATIONAL POETRY MONTH
THE PROVINCETOWN SENIOR CENTER
IS HONORED TO PRESENT A READING
BY LOCAL POET

HILDE OLESON



WEDNESDAY, APRIL 13
10:00 AM

HILDE WILL SHARE HER POETRY
AND TALK ABOUT HER LIFE IN
PROVINCETOWN

ALL ARE WELCOME!
ZOOM PRESENTATION

RSVP BY 4/11
508-487-7080

NEW AT THE PROVINCETOWN SENIOR CENTER

SIGHT LOSS SERVICES, INC.

New Monthly Support Group Meeting now forming.

This support group is open to anyone of any age,
with any degree of vision loss.

Because no one should go through vision loss alone,
Sight Loss Services is here to help.

For more information or to register:

508-394-3904

ALZHEIMERS FAMILY SUPPORT CENTER

Beginning in April, the Alzheimer's Family Support Center will hold caregiver support groups twice/month, with a simultaneous activity group for people living with cognitive loss.

For more information or to register:

508-896-5170 or email info@capecodalz.org.

All AFSC services and supports are provided at no charge
and are completely confidential.

TABLETS ON LOAN

Thanks to a grant from Cape Cod Healthcare through Helping Our Woman & T-Mobile, tablets with free Wi-Fi are available to borrow at no charge. For more information, call the Senior Center: 508-487-7080



The Walk Massachusetts Challenge Returns!

May 1 - October 31, 2022

Run, jog or walk and earn chances to win prizes for you and your Council on Aging! This intergenerational challenge is free and open to ages 5-105. Participants register and track progress online. Choose from one of four challenges:

Commonwealth Challenge



Complete 351 miles to celebrate the number of cities and towns in the Commonwealth.

Shoreline Challenge



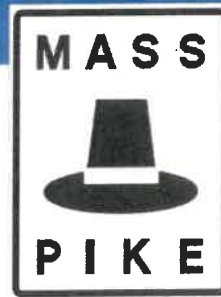
Complete 192 miles to celebrate the length of the Massachusetts shoreline.

1788 Challenge



Complete 88 days to celebrate the year Massachusetts became the sixth state.

Turnpike Challenge



Complete 126.6 miles to celebrate the length of the Massachusetts Turnpike from Boston to Lee.

Registration opens April 1 Register: www.walkmachallenge.com

Or call the Senior Center at 508-487-7080



Massachusetts Councils On Aging



COASTAL CONNECTIONS

Below is a list of virtual programs open to all thanks to a collaboration through COAST (COAs Serving Together, a group of Cape Cod COA Directors).

ALL PROGRAMS ARE ON ZOOM

BURIALS AT SEA Wednesday, April 6, 2022, 2:00-3:00 PM

Thinking of burial at sea? Long time presenter Capt. Brad White founder of New England Burials at Sea and Funeral Director Chris Goulet of Hamel-Lyden funeral service invite you to this highly informative virtual presentation. Time will be available at the end for Q&A.

To register call the Barnstable COA: 508-862-4750.

GET YOUR GARDEN READY Tuesday, April 12, 2022, 2:00 PM

Presented by Master Gardener Donelle Denery, this program will focus on the proper steps to get your garden ready in anticipation of your planting season. Flower, vegetable, and container garden preparation will be discussed. Properly preparing your garden in early spring sets you up for a successful growing season!

To register call the Orleans COA: 508-255-6333.

IN THE KITCHEN WITH KELLI Tuesday, April 19, 2022, 11:00 AM (via Facebook Live)

Join Kelli and her special guests to bake sourdough bread! Learn how to prevent illness through small changes in your lifestyle such as, if you're going away or the kind of bread you eat.

To register, call the Dennis COA: 508-385-5067 or email kfieldhouse@town.dennis.ma.us

GARDEN TALK: GROWING FOR BIRDS AND BEES Thursday, April 21, 2022, 1:00 PM-2:00 PM

This program will focus on why we should care about the *birds and the bees* and how they share our ecosystem. Learn what threats they face and how we can support them in our own yards and neighborhoods with beautiful plants. Fran Raleigh is a Master Gardener who has a Ph.D. in Plant Science (Ecology) from the State University of New York College of Environmental Sciences and Forestry in Syracuse. She taught for more than 30 years and retired to Cape Cod in 2018. Her primary focus in gardening is to celebrate native plants and create habitat.

To register call the Barnstable COA: 508-862-4750.