



THE PROVINCETOWN COUNCIL ON AGING IS TURNING 50!

WHAT DOES THE
COA/SENIOR CENTER
MEAN TO YOU?

PICK UP A CARD IN THE SENIOR CENTER OR
ASK FOR DELIVERY SO YOU CAN SHARE A
WORD, POEM, SKETCH, OR OTHER CREATIVE
WORK THAT REFLECTS YOUR THOUGHTS.

SHARE YOUR WORK WITH US SO WE CAN
CREATIVELY DISPLAY THEM FOR OUR
50TH ANNIVERSARY CELEBRATION,
SEPTEMBER 26TH.

GET FIT @ PROVINCETOWN SENIOR CENTER

Yoga

Poetry in Motion

Tuesdays mat @ 9am, Thursdays chair @ 9am

Kate Wallace Rogers offers a poem and meditation at each class.

Gentle Mat Class

Wednesdays @ 11am

This class, led by Christine Frisco, includes mild strength training.

For fee information or to register, please call 508-487-7080.

Men's Fitness

Thursdays September 8 - October 13, 1pm

Men's Fitness aims to help build strength and endurance, improve balance and mobility, all while exercising your brain! This *free*, 6 week session is taught by an Exercise Physiologist from the VNA of Cape Cod. Participants must be able to tolerate 60 minutes of seated and standing exercise. Advanced registration and physician form is required. *Contact the VNA directly at 508-957-7423.*

Tai Chi & Qigong

Tuesdays September 27 - November 15, 10:30am

A gentle, flowing practice that improves flexibility, balance, lung capacity and posture, calms the mind and strengthens the immune system. Includes mindful centering, stretching, breathing and strengthening through Tai Chi and Qigong movements. No experience necessary. Led by Lisa Bushy, RN, who has taught Tai Chi for 8 years and is a member of the American Tai Chi and Qigong Association.

For fee information or to register, please call 508-487-7080.

Walky Talky

Fridays - September 2, 9, 16, 30 @ 9am

Bring your walking shoes and get moving! Join us for some fun, outdoor walks with Program Coordinator, Shane Landry. All walks will start at the VMCC and include walking 1-2 miles on pavement. Group size is limited.

To register, please call 508-487-7080.



MEDICARE OPEN ENROLLMENT & SERVICING HEALTH INFORMATION NEEDS OF EVERYONE PROGRAM (SHINE)

The time is **now** to review your Medicare coverage! By September 30, each Medicare beneficiary receives an **Annual Notice of Coverage** which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A visit or phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Open enrollment is October 15 – December 7 and state certified SHINE counselors are available to help you understand health care coverage, review cost increases, and find out what's new with Medicare. **SHINE appointments fill up fast during this busy period so call soon to avoid making last minute decisions or staying in a plan that no longer works for you. Contact the regional SHINE office at 508-375-6762 to schedule an appointment.**

Plan to have the following information available for your SHINE appointment:

Medicare A/B card

Medigap or Medicare Advantage Card

Prescription Drug Plan Member Card (if you have a Part D plan)

List of medications and dosage which can be obtained from your local pharmacy

My Medicare account username and password (if you have an account created) – this will save time as all medications and dosage information are stored and can be updated.

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on ***find a health and drug plans*** tab.

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There will be a SHINE presentation entitled “Cost Savings Strategies for Medicare Beneficiaries” at the Provincetown Senior Center on September 20.

Call 508-487-7080 to register or for more info.

COST SAVINGS STRATEGIES FOR MEDICARE BENEFICIARIES

Tuesday, September 20, 10:30 am - Provincetown Senior Center

- Are you on Medicare and concerned about rising costs?
- Do you worry about how you will pay for your prescriptions?
- Do you know the right questions to ask when you are buying health insurance?
- Do you know how to avoid costly Medicare penalties?
- Do you know if you are eligible for state or federal assistance programs?



Please join us for an informative session on these topics and more!

Presented by the Massachusetts SHINE Program

To register: Please call 508-487-7080

Planning for Medicare—Countdown to 65

Thursday September 22, 11am - Provincetown Senior Center



Blue Cross Blue Shield of Massachusetts Medicare Seminar

If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options.

Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions.

What will Planning for Medicare—Countdown to 65 cover?

This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. We'll be sure to answer your specific questions, in addition to covering these topics:

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA



To Register, please call 508-487-7080