

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER
Veterans Memorial Community Center / VMCC
2 Mayflower Street ~ Provincetown, MA 02657

OCTOBER 2022

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ANDREA LAVENETS - *OUTREACH COORDINATOR*
SHANNON COREA - *ADMINISTRATIVE ASSISTANT*
DONNA SZEKER - *VAN DRIVER / OFFICE AIDE*
SHANE LANDRY - *PROGRAM COORDINATOR*
NANCY DOOLEY - *COOK / MEAL COORDINATOR*

Your Place to Connect!

508-487-7080

www.provincetown-ma.gov

Follow us on Facebook!

Welcome to Coastlines!

Happy October and what a beautiful month it is on the Cape! It's a perfect time to take advantage of the cooler days for walks and leaf peeping. We also hope you'll spend time with us at the Senior Center enjoying some of the new and ongoing programs we have planned for you. Celebrate Halloween and National Coming Out Day, play games hosted by Independence House, join the Lily House for a Death Café, get the scoop on edible bugs with our favorite entomologist, learn about estate planning and more. Check out Pages 2 & 3 and the enclosed insert for info.

October is also the start of the Medicare Open Enrollment Period, during which you can make changes to your health insurance plans. As our Outreach Coordinator Andrea Lavenets put it, "The seasons change and so do your health insurance needs!" See below for two opportunities to learn more.

Happy autumn and we hope to see you soon! ~ *Chris*



MEDICARE OVERVIEW & OPEN ENROLLMENT PRESENTATION

Tuesday, October 25
10:30 a.m.

*Medicare's Open Enrollment Period is
October 15-December 7*

Medicare Advantage (Part C) and
Prescription (Part D) plans
change every year!

A quick review of your plans
could save you money.
Presented by SHINE.

SHINE PROGRAM (*Serving the Health Insurance Needs of Everyone*)

The SHINE Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers.

Counselors will be available to meet with you at the Senior Center during Open Enrollment to review your plans and go over options and benefits.

Appointments are free and confidential.

REGISTRATION REQUIRED: CALL 508-487-7080

REGISTRATION REQUIRED FOR ALL PROGRAMS: CALL 508-487-7080**OUT & ABOUTS****EDWARD GOREY HOUSE***Thursday 10/6 @ 10:00 am*

The 2022 Exhibition, *Doing the Steps: Edward Gorey and the Dance of Art*, highlights Gorey's infatuation with choreographer George Balanchine and the New York City Ballet. Lunch at Jack's Outback.

Admission: \$5. Bus donation: free. RSVP by 10/4.

CAPE COD CANAL VISITOR CENTER*Thursday 10/13 @ 9:30 am*

Explore the rich history of the Cape Cod Canal through many interactive displays and films about the Canal's history, wildlife and wildflowers. Free admission. Lunch at Seafood Sam's.

Bus donation: \$5. RSVP by 10/11.

HART FARM IN DENNISPORT*Thursday 10/20 @ 9:30 am*

Pumpkins, plants, cranberries, a gift shop and more. Lunch at Clancy's. Bus donation: \$5. RSVP by 10/18.

BREAKFAST BUS:**CHATHAM FILLING STATION***Thursday 10/27 @ 9:00 am*

Breakfast/brunch at this fun diner serving homemade food with a southern twist plus healthy options.

Bus donation: \$5. RSVP by 10/25.

TRANSPORTATION***HYANNIS / RMV******ORLEANS******SENIOR SHUTTLE***

In-town destinations upon request

OUT & ABOUT EXCURSIONS***MEDICAL APPOINTMENTS CAPE-WIDE***

Provincetown residents 60 +

Call 508-487-7080 for info.

ONGOING PROGRAMS**STAY ACTIVE***YOGA with Kate Wallace Rogers**YOGA with Christine Frisco**CHAIR YOGA with Kate Wallace Rogers**WALK THE HALLS***CREATE / LEARN***GOING WITH THE GRAIN**GRACE NOTES UKULELES with Mary Abt**TRAVELOGUE with Larry Moodry**WRAG with Mary DeRocco***RELAX / SOCIALIZE / PLAY A GAME***BRIDGE**CHECKERS / CHESS / SCRABBLE**COMPUTERS**KNITTING CIRCLE**LOUNGE: Read, do puzzles, enjoy coffee and more!**MOVIES / CLASSIC MOVIES**UNUSUAL BOOK CLUB with Loretta Butehorn***BE WELL***PODIATRIST**VNA CLINIC: SCREENINGS/ BLOOD PRESSURE**WELLNESS & RESOURCE PRESENTATIONS***ENJOY A MEAL***BREAKFAST BUS**"LUNCH BUNCH": LUNCH @ SENIOR CENTER**OUT TO LUNCH***GET SUPPORT & ASSISTANCE***COA OUTREACH ~ HOME, OFFICE VISITS**ALZHEIMER'S FAMILY SUPPORT CENTER**EMERGENCY PLANNING ASSISTANCE**EYE GLASSES DONATION**FOOD PANTRY & NUTRITION PROGRAMS**LEGAL ASSISTANCE**MEDICAL EQUIPMENT LOAN**RETIRING A FLAG**SENIOR R.E. TAX ABATEMENT PROGRAM**SHINE**SIGHT LOSS SUPPORT GROUP**STORM REASSURANCE**VETERANS SERVICES*

JOIN US FOR NEW PROGRAMS IN OCTOBER

REGISTRATION REQUIRED FOR ALL PROGRAMS: 508-487-7080

TRAVELOGUE: EGYPT *Wednesday 10/5 @ 1:15 pm*

Larry Moodry shares his travels using a DVD slide show and artifacts he has collected along his journeys. To register: 508-487-7080.



VNA BLOOD PRESSURE & CHOLESTEROL SCREENING *Tuesday 10/11 @ 10:00 am - noon*

Knowledge is Power- you can change your health in a positive way! High blood pressure is often referred to as the “silent killer” because there are essentially no symptoms. The good news is that blood pressure and cholesterol can be easily managed through diet, exercise and sometimes medication. Do you know your numbers? Come find out for FREE! No appointments required.

NATIONAL COMING OUT DAY *Tuesday 10/11 @ 1:30 pm*

In honor of National Coming Out Day, the Senior Center celebrates all who have come out as LGBTQ+. Every person who speaks up helps to make change towards equality. Join us for our Tuesday movie featuring an LGBTQ+ story that is sure to touch your hearts. To register: 508-487-7080.

LET THE GAMES BEGIN! *Wednesday 10/12 @ 1:15 pm*

Independence House hosts a “giant” game day featuring giant Jenga, giant checkers, corn hole, a giant prize wheel with drawings for prizes, and trivia on our giant 65” screen tv. Chris Morin, Director of Prevention, Education & Outreach, invites you to *Come join us for a few hours of fun / come on in, out of the sun. / Sit right down and laugh with friends, / you’re gonna hope this day won’t end.* Registration required by 10/7: 508-487-7080.


THE UNUSUAL BOOK CLUB *Monday 10/17 @ 11:00 am*

We will recommend and discuss books we have loved based on a theme. October theme: Scary Stories. Facilitated by Loretta Butehorn. To register: 508-487-7080.

TAKE CONTROL OF YOUR FUTURE: A LEGAL CHECKUP *Tuesday 10/18 @ 10:30 am*

Sponsored by the Massachusetts Bar Association and co-hosted by the Provincetown and Truro COAs, an elder law attorney will provide information on: health care proxies, wills, powers of attorney, Medicaid/Medicare, alternatives to nursing facilities, guardianship. Plenty of time for questions. This talk will be held at the Truro COA - rides available. Registration required by 10/14: 508-487-7080.

EDIBLE INSECTS, AN INTRODUCTION TO ENTOMOPHAGY *Tuesday 10/18 @ 3:30 pm*

 Insects are a part of many diets around the world. Entomologist Larry Dapsis returns to explore the subject of insect-based foods including sustainability and nutrition with samples! The children from the Provincetown Rec program will join us so bring your grandchildren, too. To register: 508-487-7080.

GOING WITH THE GRAIN *Tuesday 10/25 @ 10:00 am*

Join Shane Landry for a cooking demo, samples and a recipe to learn about *corn*. To register: 508-487-7080.

HAPPY HALLOWEEN! *Wednesday 10/26 @ noon*

Celebrate Halloween during our weekly lunch. Costumes encouraged! Suggested lunch donation: \$5. Registration required by 10/20: 508-487-7080.

GREET & TREAT *Monday 10/31 @ 3:30 pm*

Join the Senior Center staff on Motta Field for the Rec Department’s annual Greet & Treat celebration. Help decorate the “trunk” of our senior shuttle and fill it with treats for the children. Staff will be in costume and you are encouraged to dress up also. To register: 508-487-7080.



WALKY TALKY *Fridays October 7, 14, 21, 28 @ 9:00 am*

Join us for some fun, outdoor walks with Program Coordinator, Shane Landry. All walks will be through Beech Forest. Rides available: \$1 donation. To register: 508-487-7080.

SEE INSERT FOR MORE GREAT PROGRAMS

OUTREACH UPDATES Andrea Lavenets

From the Assessor's brochure

Real Estate Tax Exemptions in Massachusetts

As a resident of Provincetown, you may qualify for a tax exemption. An exemption releases an individual from the requirement to pay all or a portion of his/her property tax obligations. Also, Massachusetts allows you to defer your taxes if you are 65 years or older and meet certain ownership, residency, and income/asset qualifications. As of July 1 of the tax year:

Clause 17D—Surviving Spouse, Minor Child or Elderly Person: An individual must be either (1) a surviving spouse or minor child who owns and occupies the property as his or her domicile; or (2) a person at least 70 years old who has owned and occupied the property as his or her domicile for at least 5 years.

Clause 18—Age, Infirmary, and Poverty: An individual must be at least 65 years old and must be able to document medical and financial hardship.

Clause 22—Veterans: An individual must have lived in MA for at least 5 years or must have been domiciled in MA for at least 6 months prior to entering the service and must be either (1) a veteran or spouse (or his or her surviving spouse who remains unmarried) who has a service connected disability of at least 10% (as verified by the VA) or was awarded the Purple Heart, or (2) parent of a service member who lost his or her life during wartime.

Clause 37A—Blind Persons: The blind individual must own the property and occupy it as his or her primary domicile. A certificate from the Commission for the Blind must be provided annually with the application for the exemption.

Clause 41C—Elderly Persons: An individual must be 65 years old, must have owned and occupied any property for at least 5 years, and must have been continuously domiciled in MA for at least the 10 preceding years.

For assistance with applications call 508-487-7080.

With appreciation to...

...SHINE counselors Betty Eipper and Dick Mains for volunteering to provide health insurance information to Provincetown residents during the Medicare Open Enrollment Period. We are so grateful to them for offering this service. Many thanks, too, to Tracey Benson, our regional SHINE Program Manager, for going above and beyond in assisting residents remotely throughout the pandemic. (See Page 1 if you'd like to sign up for an appointment with a SHINE counselor or attend the Open Enrollment presentation).



HOUSING REHAB PROGRAM

Does your home need critical repairs? Tri – The Resource Inc. assists with funds for income eligible Provincetown residents for critical home repairs (roofing, siding, electric, heat, plumbing, windows, heating systems, handicapped accessibility and more). Funding is limited; first-come, first-served basis.

For more information call Christy Donovan, Assistant to Program Director, Housing Rehab Programs @ 508-694-6521 or email christy@theresource.org

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COUNCIL ON AGING BOARD

- David Ketchum (Chair)
- Penny Sutter (Vice-Chair)
- Deb Meadows (Clerk)
- Barbara Yates

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.

OCTOBER 2022

**Registration required for all programs 508-487-7080*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hyannis/RMV Bus 3 Bereavement 10:30 Bridge 1:00 Legal Aid	Yoga 9:00 4 Tai Chi 10:30 Movie 1:30 Senior Shuttle	Yoga 11:00 5 Lunch Noon Travelogue 1:15 Knitting 1:30 Veterans Agent 508-778-8740	Chair Yoga 9:00 6 Out & About 10:00 Grace Notes 11:30 Men's Fitness 1:00 Weaving 1:00	Walky Talky 7 9:00 
<u>SENIOR</u> <u>CENTER</u> <u>CLOSED</u> 10	Yoga 9:00 11 Cholesterol/BP 10:00 - Noon Tai Chi 10:30 Movie 1:30 Senior Shuttle	Yoga 11:00 12 Lunch Noon Games 1:15 Knitting 1:30 Veterans Agent 508-778-8740	Chair Yoga 9:00 13 Out & About 9:30 Grace Notes 11:30 Men's Fitness 1:00 Weaving 1:00	Walky Talky 14 9:00 Alzheimer's Family Support Center Groups 508-896-5170
Hyannis/RMV Bus 17 Bereavement 10:30 Book Club 11:00 Bridge 1:00 Vet Center 508-778-0124	Yoga 9:00 18 Legal Presentation 10:30 Tai Chi 10:30 Movie 1:30 Bugs 3:30 Senior Shuttle	Yoga 11:00 19 Lunch Noon Knitting 1:30 Veterans Agent 508-778-8740	Chair Yoga 9:00 20 Out & About 9:30 Grace Notes 11:30 Buried in Treasures Weaving 1:00	Walky Talky 21 9:00 Sight Loss Support Group 9:30 508-394-3904
Orleans Bus 24 Bridge 1:00	Yoga 9:00 25 Grains 10:00 Tai Chi 10:30 SHINE 10:30 Movie 1:30 Senior Shuttle	WRAG 9:30 26 Yoga 11:00 Halloween Lunch Noon Knitting 1:30 Classic Movie 1:30 Veterans Agent 508-778-8740	Chair Yoga 9:00 27 Breakfast Bus 9:00 Grace Notes 11:30 Buried in Treasures Weaving 1:00	Walky Talky 28 9:00 Alzheimer's Family Support Center Groups 508-896-5170
Death Café 11:00 31 Bridge 1:00 Trunk or Treat 3:30		Wednesday lunches require an RSVP by noon on the Thursday before: 508-487-7080		<u>SENIOR CENTER HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSR STD
PERMIT #16
PROVINCETOWN
02657 MA

SUDOKU

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

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