

# PROVINCETOWN COASTLINES

## PROVINCETOWN COUNCIL ON AGING

2 Mayflower Street  
Provincetown, MA 02657

### OCTOBER 2016

CHRIS HOTTLE, MSW - *DIRECTOR*  
ANDREA LAVENETS - *OUTREACH COORDINATOR*  
MAUREEN HURST - *ADMINISTRATIVE ASSISTANT*  
PAT MEDINA - *VAN DRIVER / OFFICE AIDE*  
CHAR PRIOLO - *PROGRAM COORDINATOR*  
CARLA MANCINO - *PROGRAM ASSISTANT*

508-487-7080

[www.provincetown-ma.gov](http://www.provincetown-ma.gov)

NANCY DOOLEY - ELDER SERVICES  
MEALS ON WHEELS / SENIOR DINING 508-487-2700

### *From the Director*

October is a time of change as Mother Nature paints a beautiful tapestry of bright earth tones with the New England foliage. It is also a time of transition at the COA as our fall programs return and we introduce new offerings (see Page 3).

There will also be changes this month in two of our longest-running programs, the Elder Services weekly lunch and our monthly bus trip to Orleans.

For many years, Elder Services has offered both Meals on Wheels and a weekly lunch on Wednesdays at the COA. In August, they decided to regionalize the Outer Cape nutrition sites into one building. They are closing the Provincetown COA and Wellfleet COA sites and moving them to a new location in Wellfleet sometime this month. Meals on Wheels will then be delivered from the new Wellfleet location and they will discontinue the weekly lunch here.

While we are happy to know that Meals on Wheels clients will continue to be served, we are sad to see the Elder Services lunches come to an end. We have been fortunate to work with several superb Nutrition Site Managers over the years and I can't say enough about the current manager, Nancy Dooley. Nancy has managed the programs not only efficiently and professionally but with a kind heart and unwavering commitment to both diners and volunteers. Many thanks to Nancy and her wonderful volunteers ~ you are the best!

On behalf of the COA Board and staff, I am pleased to announce that we will continue to offer a weekly lunch under the auspices of the COA. As I write this, we are actively looking at options and more information will be forthcoming. In the mean time, plan to join us for...

### **HAPPY HALLOWEEN LUNCH** *Wednesday, October 26 @ Noon*

*Let's celebrate Halloween together at a special holiday lunch. Costumes encouraged! Free! RSVP by 10/21.*

There's also something new for our monthly trip to Orleans. On the first Tuesday of every month, we will start the day with breakfast at a restaurant in Orleans. Then it's up to you to bowl or stroll. Our van driver Pat can drop you at the bowling alley or you can opt for a stroll around town at a favorite scenic area or shop. Call us for...

### **BREAKFAST & BOWL OR STROLL IN ORLEANS** *Tuesday, October 4 @ 9:00 am*

*Breakfast at Hole-In-One Restaurant (\$5+), then candlepin bowling (cheerleading encouraged) OR opt for a stroll. Bowling discounts: \$3/game, \$1 shoe rental. Bus: \$5. RSVP by 9/30.*

We hope you will enjoy these new programs. Happy fall! ~Chris



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



**TRAVELOGUE:**  
**THAILAND**

*Wednesday, October 5*  
*1:15 pm*

Visit the “ Land of Smiles”  
with world traveler, Larry Moodry,  
at this free slideshow presentation.

**JOIN US AT THE MOVIES!**

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

**October 4: “Southpaw”**

Rising boxing star Billy spirals downward after the death of his wife and a former boxer steps in to remake Billy as a champion.

Jake Gyllenhaal, Forest Whitaker, Rachel McAdams  
Sports Drama / 124 minutes / 2015 / R

**October 11: “Whiskey Tango Foxtrot”**

Based on reporter Kim Barker’s memoirs of her time covering the Afghanistan war, this movie is a satirical look at obstacles female journalists face there.

Tina Fey, Margot Robbie, Martin Freeman  
Comedy / 111 minutes / 2016 / R

**October 18: “Hello, My Name Is Doris ”**

Inspired by a self-help seminar, 60-year-old Doris pursues the affections of a much younger co-worker.

Sally Field, Max Greenfield, Beth Behrs  
Romantic Comedy / 90 minutes / 2016 / R

**October 25: “Race ”**

In 1936 as Hitler sought to promote Aryan supremacy through the Berlin Olympics, an African-American athlete named Jess Owens shattered that dream by winning four gold medals.

Stephan James, Jason Sudeikis,  
Jeremy Irons

Drama / 125 minutes / 2016 / PG-13



**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**

- GRACE NOTES CHORUS with Mary Abt*
- STORY SWAP with Dan Lynch*
- TRAVELOGUE with Larry Moodry*
- WRITING CONNECTION with Hilde Oleson*

**ENJOY A MEAL**

- BREAKFAST IN ORLEANS*
- ELDER SERVICES SENIOR DINING LUNCH*
- 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...

### **BURIED IN TREASURES**      *Tuesdays @ 1:30 pm beginning October 11*

Denise Egan Stack, LMHC leads this action-oriented self-help group for people concerned about collecting or hoarding issues. It is 15 sessions spread over 20 weeks and is based on the book *Buried In Treasures: Help for Compulsive Acquiring, Saving and Hoarding*. Receive support from others, learn strategies to de-clutter and ways to change behaviors. Free, confidential. Registration required, call Andrea, COA Outreach Coordinator, by 10/10.

### **TECH SUPPORT**      *2nd & 4th Wednesdays, 1:00-2:00 pm, beginning October 12*

Having trouble or want to learn more about your tech device? Brittany Taylor, Provincetown Library, will walk you through the basics on your iPad, Kindle, laptop or phone or answer questions about e-mail, apps, etc. Drop-in.

### **AUTHORS' SERIES: ELAINE ANDERSON**      *Thursday, October 13 @ 1:30 pm*

We are fortunate to have many published authors in our community so we asked, "By reading excerpts and giving commentary about the story, could you share your novel in an hour?" They said, "Yes!" We will launch this new program when Elaine Anderson reads from her mystery novel *Dragonfly*. Refreshments. Free. RSVP by 10/11.

### **CORD PRESENTATION**      *Tuesday, October 18 @ 10:00 am*

Advocates for the Cape Organization for Rights of the Disabled (CORD) will present information on assistive technology and free CORD services for people with all types of disabilities. Learn how technology can help you or a loved one with activities of daily living and recreation.

### **SHINE PRESENTATION**      *Wednesday, October 19 @ 1:30 pm*

Medicare's Annual Open Enrollment runs from October 15 - December 7, when you can enroll, dis-enroll or switch your Medicare Part D Prescription Drug Plan or Medicare Advantage Plan (HMO, PPO). Sheila Curtis, Regional SHINE Program Manager, will discuss 2017 plans and their changes.

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

### **ORLEANS BREAKFAST & BOWL OR STROLL**      *See Page 1!*

### **OUT TO LUNCH: BOOKSTORE RESTAURANT**      *Tuesday, October 11 @ 11:00 am*

Cape Cod favorites in this picturesque Wellfleet restaurant. Food: \$12+ Bus: \$3. RSVP by 10/6.

### **TIME TOGETHER: FAR LAND**      *Thursday, October 13 @ 2:30 pm*

Snack on baked goods & beverages while sharing conversation. Food: \$3+. Bus: \$1. RSVP by 10/12.

### **ROUTE 6A**      *Tuesday, October 18 @ 9:00 am*

Tobey Farm in Dennis, lunch stop at Marshside Restaurant, shopping at the Lemon Tree Village in Brewster. Food: \$12+. Bus: \$5. RSVP by 10/13.



### **TIME TOGETHER: JOE'S COFFEE SHOP**      *Thursday, October 20 @ 2:30 pm*

Snacks or beverage: \$4+. Bus: \$1. RSVP by 10/19.

### **ROUTE 28**      *Tuesday, October 25 @ 9:00 am*

Dennisport's Hart Farm, lunch at Clancy's, stroll Chatham's Main Street. Food: \$12+. Bus: \$5. RSVP by 10/20.

### **TIME TOGETHER: EAST END MARKET**      *Thursday, October 27 @ 2:30 pm*

Snacks or beverage: \$3+. Bus: \$1. RSVP by 10/26.

**TO RSVP OR FOR MORE INFORMATION: 508-487-7080**

*All programs are held at the Provincetown COA unless otherwise noted.*

*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**



**Medicare Annual Open Enrollment  
October 15-December 7**

Medicare’s Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment is upon us. It is very important that you review your Medicare options during this period. You should have received a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) in September. Make sure you read it thoroughly-it will explain the changes (premiums, copays, tiers) to your plan for 2017. Do not throw it out!

During the Open Enrollment, you will have a chance to change your plan. This change takes effect January 1, 2017. If you do not change your plan during the Open Enrollment period, you may have to stay with your existing plan for another year (note: the open enrollment may not affect those with retiree coverage).

Now is the time to schedule an appointment with our SHINE counselor Bill Goodbody. He can help you understand your plan’s changes, screen you for assistance programs and discuss other options you may have. DON’T WAIT UNTIL IT’S TOO LATE! Appointments fill up fast. Call us soon and ask for a SHINE appointment. Bring a list or bottles of your current medications and insurance cards. Couples should make two separate appointments.

It would also be a good idea to attend the SHINE presentation at the COA on October 19 (see page 3). If I can be of assistance, please contact me.

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**Fuel Assistance**

Fuel Assistance applications have arrived so call us to make an appointment. If you received Fuel Assistance last year and have not returned your recertification, call me if you need help in doing so.

*With appreciation to...*



...Jeff Bagley for donating a beautiful table-top lectern handmade by a family member. It is much need and will be well-used.

...Buck Harris for teaching two sessions of beginner’s bridge. It worked out great that his students could then join the ongoing Tuesday afternoon bridge group.

...Brandon Motta, Angel Lammie and their staff in the Recreation Department who managed a very busy summer Rec program. We miss the children when they go but it’s fun to see the after-school children back again!

**GRACE NOTES NEWS**

Led by Director Mary Abt, several members of our Grace Notes Chorus have been learning to play the ukulele, while still singing together as a group.

In addition, Grace Notes has been joined by middle-schoolers from the Provincetown Schools, where Mary teaches music, who are also learning to play the ukulele.



Grace Notes will now meet on Thursdays from 3:00-4:00 pm with Mary and the students to both sing and play. Members can then stay until 5:00 to continue to practice. All are welcome!

**COMING SOON!**

We’re pleased to announce that our art classes, open studio and music salons will return in November. Watch for details in the next newsletter.

**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

# OCTOBER 2016

*Bold is new program*

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| Hyannis* 8:30 3<br>Stretch & Strength<br>10:15<br>Social Services*<br>SHINE*<br>COA Radio Show<br>WOMR 12:30                         | <b>Orleans* 9:00 4</b><br><b>Breakfast &amp; Bowl or Stroll</b><br>Yoga 9:00<br>Movie 1:00<br>Bridge 1:00<br>Veterans Agent*  | Strength Training 5<br>10:15<br>Blood Pressure/<br>Glucose/Ask-<br>A-Nurse 11-1:00<br>ES Lunch* Noon<br>Travelogue 1:15 | Stop & Shop* 9:30 <sup>6</sup><br>Library* 10:00<br>Stretch Yoga 10:30<br>Grace Notes 3:00<br>Veterans Agent*  | Writing 7<br>Connection 10:00  |
| <b><u>CENTER</u> 10</b><br><b><u>CLOSED</u></b><br> | Yoga 9:00 11<br><b>Out to Lunch* 11</b><br>Movie 1:00<br>Bridge 1:00<br><b>Buried in Treasures* 1:30</b><br>Veterans Agent*   | Strength Training <sup>12</sup><br>10:15<br>ES Lunch* Noon<br>Legal Aid 1:00<br><b>Tech Help 1-2:00</b>                 | Stop & Shop* 9:30 <sup>13</sup><br>Library* 10:00<br>Stretch Yoga 10:30<br><b>Author's Series* 1:30</b><br><b>Time* 2:30</b><br>Grace Notes 3:00<br>Veterans Agent*<br>Podiatrist* | Writing 14<br>Connection 10:00   |
| Hyannis* 8:30 17<br>Stretch & Strength<br>10:15<br>Social Services*<br>SHINE*  | Yoga 9:00 18<br><b>Route 6A* 9:00</b><br>Men's Breakfast*<br>9:00 at Seashore Pt<br><b>CORD 10:00</b><br>Movie 1:00<br>Bridge 1:00<br>Buried in<br>Treasures* 1:30<br>Veterans Agent* | Strength Training <sup>19</sup><br>10:15<br>ES Lunch* Noon<br>Hearing* 1:00<br>Story Swap 1:00<br><b>SHINE 1:30</b>     | Stop & Shop* 9:30 <sup>20</sup><br>Library* 10:00<br>Stretch Yoga 10:30<br><b>Time* 2:30</b><br>Grace Notes 3:00<br>Veterans Agent*  | Writing 21<br>Connection 10:00   |
| Hyannis* 8:30 24<br>Stretch & Strength<br>10:15<br>Social Services*<br>SHINE*  | Yoga 9:00 25<br><b>Route 28* 9:00</b><br>Movie 1:00<br>Bridge 1:00<br>Buried in<br>Treasures* 1:30<br>Veterans Agent*   | Strength Training <sup>26</sup><br>10:15<br><b>Halloween Lunch* Noon</b><br><b>Tech Help 1-2:00</b><br>Charades 1:15    | Stop & Shop* 9:30 <sup>27</sup><br>Library* 10:00<br>Stretch Yoga 10:30<br><b>Time* 2:30</b><br>Grace Notes 3:00<br>Veterans Agent*<br>Podiatrist*                                 | Writing 28<br>Connection 10:00<br>SHINE*   |
| Hyannis* 8:30 31<br>Stretch & Strength<br>10:15<br>Social Services*<br>SHINE*  |    | <b><u>COA HOURS</u></b><br><b>MON-THURS</b><br><b>8 AM - 5 PM</b><br><b>FRIDAY</b><br><b>8 AM - NOON</b>                | <b><u>APPOINTMENTS</u></b><br><b>HEARING</b><br><b>508-255-1285</b><br><b>SHINE</b><br><b>508-487-7080</b><br><b>VETERANS AGT</b><br><b>508-487-7099</b>                           | <b><u>ELDER SERVICES</u></b><br><b><u>WEDNESDAY LUNCH</u></b><br><b>RSVP BY</b><br><b>TUESDAY 10:00</b><br><b>508-487-2700</b> |



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2 MAYFLOWER STREET  
PROVINCETOWN, MA 02657

PRSRT STD  
PERMIT #16  
PROVINCETOWN  
02657 MA

## WORD SEARCH

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

AUTUMN  
COLUMBUS  
FALL  
FROST  
HALLOWEEN  
LEAVES  
NINA  
PINTA  
SANTA MARIA  
PUMPKIN  
RAKE  
TRICK  
TREAT  
WORLD  
SERIES

