

PROVINCETOWN COASTLINES

PROVINCETOWN SENIOR CENTER

2 Mayflower Street
Provincetown, MA 02657

AUGUST 2018

CHRIS HOTTLE, MSW - *DIRECTOR*
ANDREA LAVENETS - *OUTREACH COORDINATOR*
SHANNON COREA - *ADMINISTRATIVE ASSISTANT*
DONNA SZEKER - *VAN DRIVER / OFFICE ASSISTANT*
RICK SHAW - *PROGRAM COORDINATOR*
NANCY DOOLEY - *COOK / MEAL COORDINATOR*
CARLA MANCINO - *PROGRAM ASSISTANT*

The Place to Connect!

508-487-7080

www.provincetown-ma.gov

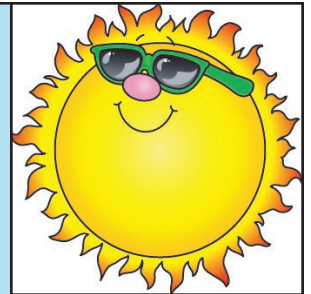
Follow us on Facebook!

Welcome to Coastlines!

As we enjoy the summer days, a reminder that it's always cool at the Senior Center!

Come in and relax in our Lounge where you can read books and magazines, do jigsaw puzzles, color, play games, knit with our Knitting Circle, enjoy a cup of coffee or just hang out. If you haven't been here before, stop by the office and we'd be happy to give you a tour.

The Center is your "place to connect" and we look forward to seeing you!
And now, our traditional August poem... *~Chris*



In August when the days are hot,

I like to find a shady spot

and hardly move a single bit

and sit

and sit

and sit

and sit.



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



TRAVELOGUE "NEW GUINEA ~ HIGHLANDS"

Wednesday, August 1 @ 1:15 pm

A dvd presentation with host Larry Moodry.
All are welcome. No RSVP necessary.

JOIN US AT THE MOVIES

TUESDAYS @ 1:00 pm ~ Free!

August 7: "The Greatest Showman"

The life story of P.T. Barnum and his creation of the three ring circus.

Hugh Jackman, Michelle Williams, Zac Efron
Musical / 2017 / 1hr 45min / (PG-13)

August 14: "Star Wars Episode VIII: The Last Jedi"

The Resistance prepares for battle with the First Order.

Daisy Ridley, John Boyega, Mark Hamill
Action / 2017 / 2hr 32min / (PG-13)

August 21: "Goodbye Christopher Robin"

A behind-the-scenes life glimpse of author A.A. Milne and the creation of the *Winnie the Pooh* stories.

Domhnall Gleeson, Margot Robbie
Drama / 2017 / 1hr 47min / (PG)

August 28: "Black Panther"

In the technologically advanced African nation of Wakanda, T'Challa's claim to the throne is challenged.

Chadwick Boseman, Lupita Nyong'o
Action / 2017 / 2 hr 14min / (PG-13)



CLASSIC MOVIE OF THE MONTH

"Jaws"

Wednesday August 22 @ 1:15 pm

A great white shark wreaks havoc in a New England beach resort.

Roy Scheider, Robert Shaw, Richard Dreyfuss
Adventure / 1975 / 2 hr 4 min / (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

BRAIN GAMES in the Media Center
GRACE NOTES / UKULELES with Mary Abt
STORY SWAP with Dan Sanders
TRAVELOGUE with Larry Moodry
WRITING CONNECTION with Hilde Oleson

RELAX / SOCIALIZE

BRIDGE
KNITTING CIRCLE
LOUNGE: Read, do puzzles, color and more!
MOBILE LIBRARY
RADIO SHOW on WOMR / EVENTS on PTV
SCRABBLE
WEEKLY MOVIES / CLASSIC MOVIES

BE WELL

VNA CLINIC: ASK-A-NURSE. BLOOD PRESSURE
HEARING EVALUATIONS
PODIATRIST
WELLNESS & RESOURCE PRESENTATIONS

ENJOY A MEAL

"LUNCH BUNCH": LUNCH @ COA
BREAKFAST BUS
OUT TO LUNCH

TAKE A RIDE

HYANNIS
OUT & ABOUT EXCURSIONS
PROVINCETOWN LIBRARY
MEDICAL APPOINTMENTS CAPE-WIDE
STOP & SHOP

GET SUPPORT & ASSISTANCE

COA OUTREACH ~ HOME / OFFICE VISITS
FOOD PANTRY & PROGRAMS
LEGAL ASSISTANCE
MEDICAL EQUIPMENT
SHINE
STORM REASSURANCE
SUPPORT GROUPS

JOIN US FOR PROGRAMS AT THE CENTER...

HERRING COVE DINNER & MUSIC *Wednesday, August 22 @ 5:00 pm*

The COA Board invites you to join them at the Herring Cove concession for a concert hosted by Far Land Provisions and sponsored in part by Friends of the Cape Cod National Seashore. Meet for dinner and music by Zoe Lewis. We'll start at 5:00 pm, music begins at 6:00 pm. Bring a jacket, your prepared dinner or you can buy food at the Far Land concession stand (cash only). Parking available or ride on the COA bus for free! Meet us there or, if you'd like a ride, please RSVP by August 20.

PIZZA, POPSICLES & MAGIC *Thursday, August 30 @ Noon*

It's our end-of-the-summer party with the children in the Recreation Department's Summer Program. Enjoy pizza, popsicles and a magic show (lots of laughs for all ages!). Free. Rides available. RSVP required by August 27.



...OR GET "OUT & ABOUT" ON THE SENIOR CENTER BUS!

BREAKFAST BUS: CHACH and WHALE WEEK LECTURE *Thursday, August 2*

@ 9:00 am

Enjoy breakfast at this local diner; followed by a trip to Province Lands Visitors Center for a presentation by the Center for Coastal Studies - *Spinnaker: An Entanglement Story*. Lecture: Free. Bus Donation: \$1. RSVP by 8/1.

WELLFLEET FLEA MARKET *Thursday, August 9 @ 9:30 am*

(Weather permitting) Shop for new items, Cape Cod memorabilia, antiques, collectibles, household goods and much more. Lunch at PJ's Family Restaurant. Bus donation: \$3. RSVP by 8/8.

BAY LADY SAIL *Monday, August 13 @ 11:30am*

Enjoy a relaxing 2 hour cruise across Provincetown Harbor into Cape Cod Bay aboard this beautiful schooner. Bring a lunch & beverage to enjoy on board. Sail: \$25. Bus: Free! Call for more details and RSVP by 8/6.

OUT TO LUNCH: SESUIT HARBOR CAFE *Thursday, August 23 @ 10:30 am*

Enjoy lunch from this classic clam shack overlooking Cape Cod Bay and Northside Marina in Dennis. Bus donation: \$5. RSVP by 8/22.

WHALE WATCH *Monday, August 27 @ 9:30 am*



Depart from MacMillan Pier for a 3-4 hour trip to Stellwagen Bank National Marine Sanctuary guided by an experienced naturalist. On board galley serving breakfast & lunch. Tickets: \$45. Bus: Free! Call for more details and RSVP by 8/20.

HIGHLAND HOUSE MUSEUM *Tuesday, August 28 @ 9:30 am*

Built in 1907, the Highland House was once a summer resort hotel and is now a museum providing a history of Native American people of Truro and early European settlers. You may also climb the Highland Lighthouse and enjoy the views. Museum Fee: \$5. Bus: \$2. RSVP by 8/27.

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

Programs are subject to change. Bus donation amounts are suggested. Any contribution is appreciated!

OUTREACH UPDATES Andrea Lavenets

I would like to remind individuals to be prepared for emergencies in general although the peak period for hurricane season runs from early August through the end of October.

Storm Reassurance Program

In the case of a predicted storm, participants in the Storm Reassurance Program will be contacted to determine if they have adequate supplies in preparing for possible power outages, etc. If you live alone, are disabled, use oxygen or other special medical equipment or feel you could benefit from this program please call me to sign up.

Emergency Alerts

The Town of Provincetown has a notification system that calls citizens in the event of an emergency such as severe weather, power outage or boil water order. If you would like to register, go to the Town website at www.provincetown-ma.gov and click on "Alerts" on the home page. The system requires an e-mail address to register. If you do not have an e-mail address or need any assistance, please call me to sign up.

Special Assistance Information Form

This form is to be filled out if you or members of your household would require special assistance in the event of a public emergency, including the opening of the emergency shelter. This is a pre-planning form designed to supply Provincetown Emergency Management Team with information to help assist you during an emergency. The form can be found on the Town website under Council on Aging.

With appreciation to...

...Ed Terrill and the Provincetown Library for offering Tech Help and computer classes at the Senior Center this past winter and spring. After a summer break, watch *Coastlines* for more info about new classes in the fall..

...all of our 2017/2018 Music Salon performers: Nick Pangakis, Halcyone Hurst, Phoebe Otis and Casey Sanderson, Peter Donnelly, Terri Conti and Jim Brosseau and Spencer Keasey. What a pleasure to be able to come together and enjoy such wonderful music!

**COASTLINES**

A reminder that you can receive this newsletter by regular mail, by e-mail or by reading it online or downloading it from the town website at www.provincetown-ma.gov.

If you would like to continue to get it by mail, do nothing (but please call us if you change your address!). If you would like to receive it via e-mail, call Shannon and she will put you on the list. If you'd like to read it online, please help us save funds and call Shannon to be taken off the of the mailing list. We hope you enjoy *Coastlines*, any way you choose.

COUNCIL ON AGING BOARD

David Ketchum (Chair)
Penny Sutter (Vice-Chair)
Amy Howell (Clerk)
Chris Asselin
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

AUGUST 2018

Bold=New

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>SENIOR CENTER HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON</p>	<p>APPOINTMENTS <u>HEARING</u> 508-255-1285 <u>MEALS ON WHEELS</u> 508-349-2658 <u>VETERANS AGT</u> 508-487-7099</p>	<p>1 Strength Training 10:15 Blood Pressure Clinic 11:00-1:00 Lunch* Noon Knitting 1:00 Travelogue 1:15</p>	<p>2 Yoga 9:00 Breakfast Bus*9:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*</p>	<p>3 Writing Connection10:00</p>
<p>6 Hyannis* 8:30 Stretch & Strength 10:15 Scrabble 1:00</p>	<p>7 Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>8 Strength Training 10:15 Lunch* Noon Knitting 1:00 Legal Aid* 1:00</p>	<p>9 Yoga 9:00 Out & About* 9:30 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>10 Writing Connection10:00</p>
<p>13 Out & About*11:30 Stretch & Strength 10:15 Scrabble 1:00 SHINE*</p>	<p>14 Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>15 Strength Training 10:15 Lunch* Noon Knitting 1:00 Hearing* 1:00 Story Swap 1:15</p>	<p>16 Yoga 9:00 Chair Yoga 10:30 Grace Notes 4:00 Veterans Agent*</p>	<p>17 Writing Connection10:00</p>
<p>20 Hyannis* 8:30 Stretch & Strength 10:15 Scrabble 1:00 SHINE*</p>	<p>21 Yoga 9:00 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>22 Strength Training 10:15 Lunch* Noon Knitting 1:00 Classic Movie 1:15 Herring Cove 5:00</p>	<p>23 Yoga 9:00 Chair Yoga 10:30 Out to Lunch* 11:00 Grace Notes 4:00 Veterans Agent* Podiatrist*</p>	<p>24 Writing Connection10:00</p>
<p>27 Out & About* 9:30 Stretch & Strength 10:15 Scrabble 1:00 SHINE*</p>	<p>28 Yoga 9:00 Out & About* 9:30 Movie 1:00 Bridge 1:00 Stop & Shop* 1:00 Veterans Agent*</p>	<p>29 Strength Training 10:15 Lunch* Noon Knitting 1:00</p>	<p>30 Yoga 9:00 Chair Yoga 10:30 Pizza Magic* Noon Grace Notes 4:00 Veterans Agent*</p>	<p>31 Writing Connection10:00</p> 



PROVINCETOWN COUNCIL ON AGING
2 MAYFLOWER STREET
PROVINCETOWN, MA 02657

PRSR T STD
PERMIT #16
PROVINCETOWN
02657 MA

WORD SEARCH

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

AUGUST
HERRING
COVE
BEACH
ENJOY
CARNIVAL
PARADE
MAGIC
PIZZA
POPSICLES
SUMMER
RELAX
SIT
STAY
COOL

