



TRURO LOG

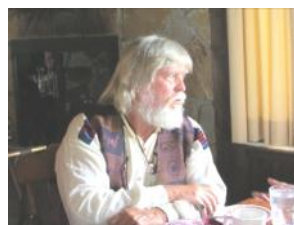
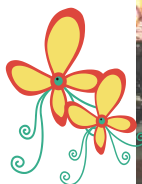
JULY 2012

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA

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**A GOOD TIME WAS HAD BY
ALL AT THE WHITMAN HOUSE
RESTAURANT FOR THE
FRIENDS OF THE COA
ANNUAL SPRING LUNCHEON**



Free Memory Screening by Alzheimer's Services of Cape Cod & the Islands

Memory screening uses a brief cognitive test for people who do not have a prior diagnosis of dementia. The goal is to identify people with potential problems who may need more extensive evaluation, possibly leading to earlier diagnosis of dementia. Secondary goals include education and reassurance of adults with mild age-associated changes in their memory, who may worry that they have a dementia. Please note that you will not receive a diagnosis in our screenings, but rather an indication of whether or not symptoms of memory loss are present and should be evaluated further. Screenings take 30 minutes and you **must register** by calling 508-775-5656 **Tuesday, July 10, 1—4 P.M.**



THE ORAL HEALTH EXCELLENCE COLLABORATIVE (OHEC)

You can only be truly healthy if your teeth and mouth are healthy. Are your teeth and mouth healthy?

- Do you have swelling of your face/neck or tooth pain that wakes you up at night?
- Do you have trouble eating?
- Are you self-conscious about your teeth?
- Has it been more than a year since you have been to the dentist?

If you answered YES to any of these questions, it's time to see a dentist and affordable care is available.

For assistance in finding dental care that:

- you can afford
- you can get to
- speaks your language
- accommodates your needs

Call The Oral Health Excellence Collaborative (OHEC) at 508-771-1375

IN MEMORIAM

John J.(Jack) Currivan

John P. Bunker

Stephen R. Perry

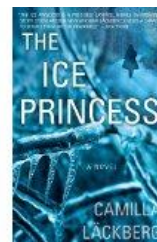
MYSTERY BOOK CLUB

Friday, July 13

12:30

ICE PRINCESS

Camilla Läckberg



OUR AGENDA = ACCESSIBILITY

The Truro Commission on Disabilities wants to help make Truro more accessible for all and we need your help.



Are you disabled in some way? Do you use a wheelchair, walker or crutches? Are you visually or hearing impaired? Do you have a friend or family member who needs help to access all the town of Truro has to offer?

Let us know who you are and what your experiences have been, both positive and negative. We want to hear from you! Contact: Truro Commission on Disabilities/Truro Town Hall/Box 2030/Truro MA 02666 or email Susan Howe at truromom@aol.com

Help Us Help You



We are pleased to announce there is now a manual wheelchair with elevated leg rests available for use at the Highland Light Gift Shop. All are welcome to use it.

MAT CLASS at Wellfleet COA

Wellfleet COA's offering a Mat Class on Thursday mornings at 8:30-9:45a.m. The class focuses on abdominals, gentle stretching, core work, ending with deep breathing and relaxation techniques.

\$6/per class

Truro Police Department's Reassurance Program

The Truro Police Department Reassurance program is designed for seniors in the town of



Truro who live alone or live with an ailing spouse or relative. There are currently 18 people on their list. Seniors in the program call the Truro Police Department each morning before 10:00A.M. to say hello and let the Department know that they are alright. If a call is not received, the dispatcher will telephone the residence. If contact is still not made, a police officer is dispatched to the residence.

Anyone wishing to join the program is invited to call the Police Department @ **508-487-8730** to sign up.

SENIOR MUNICIPAL SERVICE PROGRAM

BEGINNING JULY 1, 2012

ENDING JUNE 30, 2013

The Town of Truro is offering an abatement to its senior residents for services provided to the town. It is an opportunity for a Truro senior resident to share a skill they have with our community and also receive a real estate tax reduction on their Truro property. Participants must meet the following requirements:

- Must be 60 years of age or older
- Must own property in Truro that serves as their principal residence
- Has been a full-time resident of Truro as of July 1st of the previous year
- Must be current occupant of property for which abatement is requested

Applications for the **FY13 Senior Municipal Service Program** are available at the Truro Council on Aging, 7 Standish Way, North Truro or call 508-487-2462 for more information.

A FEW REMINDERS!!

⇒ COA MAILING LIST

If you want to be removed from our monthly COA Log mailing because you read the Log online, please let us know and we will remove your name.

⇒ TAI CHI INSTRUCTOR

Do you know or are you a certified Tai Chi Instructor? We would like to offer classes at the COA and would appreciate it if you would give us a call! 508-487-2462

⇒ REMINDER CALLS FOR UPCOMING EVENTS?

Would you like a reminder phone call for all upcoming events and programs at the COA? If so, please let us know and we will put you on our list!! Stop by or call us @ 508-487-2462.

⇒ ZUMBA CLASS AT THE TRURO COMMUNITY CENTER

The Truro Recreation Department offers Zumba classes on Tuesday, Thursday and Saturday mornings from 9:00-10:00A.M. Classes are taught by Julie Rich. For more info call the Recreation Dept. @ 508-487-1632.

⇒ Wii BOWLING

If you are interested in learning how to play Wii Bowling, give us a call and we can set up a time to show you how to set it up and how to play. Give us a call!



BEACH POINT HEALTH & SWIM CLUB AT THE TOPMAST RESORT

The Friends of the Truro COA have generously bought memberships for seniors at the Health and Swim Club which is located at 217 Shore Road, North Truro. If you would like to buy a reduced rate membership, please make your check payable to the Friends of the COA for \$180.00, which entitles you to 30 visits. For more information, please contact us.



COA BEACH FIRE

The Provincetown Council on Aging Board is happy to invite our Truro neighbors and Truro Council on Aging Board, Friends and staff to our 3rd annual COA Beach Fire.

Wednesday, August 8 at 6:30 pm (rain date August 9)

Herring Cove Beach: end of the right side parking lot

Bring warm clothes, chair or blanket, drinks or snacks for yourself and a flashlight for walking back to your car.

COA Board will build the fire and provide marshmallows and makings for s'mores

Enjoy an evening of stories (with Dan Lynch), song, conversation as the sun sets.

Everyone welcome! Carpools recommended



JULY BIRTHDAYS

1	Linnet Hultin	12	20	Diane Rose
Linda Traum	Ruth Marsh	Beverly Bergstrom	Joseph Connor	Sandra Silva
Elisabeth Davis	7	Wendy Horton	Donna O'Brien	27
George Mooney	Frank Korahais	Joyce Johnson	21	Antoinette Marsh
Victor Verdina	Roberta Lema	13	Michael Bolis	Abby Orton
2	Norman Pope	Carol Cherry	Henry Lum	Anthony Rodrigues
Russell Cherry	Royal Shaw	Meg Royka	James Reheiser	28
William Evaul	Susan Silvia	14	22	Fancine Curcio
William Smith	Herbert Stranger	Joyce Garner	Tanya Delorme	David Ditacchio
3	8	15	Joseph McGrahan	Olga Franco
Sandra Block	Ellen Galvin	16	Patrick Pepper	29
Harry Frost	Susan Kurtzman	Stephen Currier	23	Elizabeth Daglio
Caroline Herron	Abigail Swan	Eli Danikow	Carol Klass	Clark Drasher
John Keller	9	Marlis Dunn	Jane Peters	30
4	Barbara Giese	Jacqueline Ives	Ellen Smith	Michael Peters
Lorraine Rosenbaum	Harry Palmer	Margaret Toner	24	Anne Sterling
5	Bruce Purdy	John Zilliax	Paul Krueger	John Thornley
Stephen Donnelly	Catherine Staff	17	Delores Rose	Ronald Wichowski
Edith Paul	Gail Stevenson	Laura Darsch	Irene Russell	31
William Segal	10	Nancy Edwards	Jon Seager	Francis Silva
Parker Small	Jerry Nelson	Joyce Johnson	25	
6	Alice Steere	James Klein	Richard Columbo	
Bruce Corea	Joanne Williams	18	Manuel Souza	
Roert Daglio	11	Jere Milliken	Cecile Toussaint	
Daniel Delgizzi	Manuel Macara, Jr.	Kathleen Power	26	
Pearl Engle	Alfred Souza	19	Robert Cardinal	
		Bruce Cagwin	Miriam Collinson	



JULY
COA CAFÉ
TUESDAY 12:30

\$7.50

Call COA to reserve by
Monday noon



July 3

Shrimp Creole w/Rice
Mixed Green Salad

July 10

Thai Chicken Salad w/Peanut Sauce
Sweet & Sour Cabbage Slaw

July 17

Poached Salmon
w/Yogurt Dill Sauce
Cucumber Salad
Corn & Tomato Salad

July 24

Pasta w/Sweet Red Pepper
Pesto & Spinach
Mixed Green Salad

July 31

Portuguese Baked Cod
(with Tomato)
Orzo w/Herbs
Spinach Salad

John Carbone's
Friday at the Movies

July 6

Under Suspicion (2000)

Morgan Freeman & Gene Hackman

July 13

Force of Evil (1948)

John Garfield & Thomas Gomez

July 20

Remember the Night (1940)

Barbara Stanwyck & Fred MacMurray

July 27

The Great Lie (1941)

Bette Davis & George Brent

Movie begins at 1:30

FREE POPCORN

Please call if you need any further
info. 508-487-2462



CAPE COD CENTRAL RAILROAD

The COA van will be taking us up to Hyannis to board the Luncheon Train! Whether you've done it before or never before, it will be lots of fun to go with a group of friends. A delicious three-course meal is served on white linens with fresh flowers while you take in views of Cape Cod's most hidden scenery, accessible only by the rails.

Luncheon includes Marinated Grilled Breast of Chicken served on a bed of field greens, with grilled asparagus, cucumber, roasted peppers, tomatoes, basil and three cheese striped raviolis. Seafood Chowder, Coffee/Tea with Chef's Choice of Dessert is also included.

Wednesday, August 15

Cost \$39.95 for the Train and Luncheon, and a suggested donation of \$10 for the van service. Meet at the Community Center parking lot at **10 A.M.**

Reservations Required.

Call 508-487-2462



COA GALLERY - JULY

PEG REYNOLDS

Charles Hawthorne once said that it is our job as an artist to be of some use in the world by adding to the sum total of beauty in it. This is my intention with the scenes I choose, the colors I apply and with each brush stroke I touch to the canvas: It is my reason for painting.

“The only way to learn to paint,” Hawthorne said, “is to paint.” And this is what I have done. Four years ago, after living in Provincetown for ten years, I picked up a brush and began to paint. Inspired by the natural beauty and lighting of Provincetown, I strive to capture moments of “awe” and replicate them in my landscapes, seascapes, and skiescapes. My work is represented in Provincetown at Thanassi Gallery.

Opening Reception is Sunday, July 8, 2-4P.M.

All are welcome.



COA GALLERY - AUGUST

JOHN KOCH

Most of my adult life I have been immersed in the arts – but as newspaper writer, critic and editor, not practicing artist. In Boston newspapers, including 25 years at the Globe, I headed the Arts section, reviewed films, and wrote hundreds of interviews (many of artists). All the while, I nursed but deflected a deep, nagging urge to make art. I doodled and took two or three beginning drawing courses.

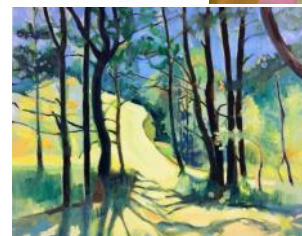
Artists don't so much choose art; I believe it chooses us. It's in the blood: passion, infection, powerful message bottled in the DNA, a mysterious command. When I retired from journalism in 2005 I was reborn as an artist. Painting is a need, a joy, a struggle, a form of prayer and a celebration of the natural world and the imagination. For me, the best art achieves some balance between the two, an amalgam of representation and abstraction, of what you see and how, idiosyncratically, you see it.

Work exhibited and sold beginning 2009:

Members Open and Benefit Exhibits at the Truro Center for the Arts at Castle Hill; several Cambridge Art Association juried shows including Blue (2009) and Red (2011); 10 Miller Street Open Studios (2010) and other venues.

Opening Reception is Sunday, August 5, 4-6P.M.

All are welcome.



JULY 2012



Mon	Tue	Wed	Thu	Fri
2 Strength Training 9-10 Memoirs 10:30-12:30	3 Needlework 10-Noon COA CAFÉ 12:30	4 	5 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	6 Strength Training 9-10 FREE Friday Movie 1:30
9 Strength Training 9-10 Memoirs 10:30-12:30	10 Needlework 10-Noon COA CAFÉ 12:30 Memory Screening 1-4P.M. (by appointment)	11 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Legal Assistance (by appointment)	12 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	13 Strength Training 9-10 Mystery Book Club 12:30 FREE Friday Movie 1:30
16 Strength Training 9-10 Memoirs 10:30-12:30	17 Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon	18 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30 Foot Care (by appointment)	19 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	20 Strength Training 9-10 FREE Friday Movie 1:30
23 Strength Training 9-10 Memoirs 10:30-12:30	24 Needlework 10-Noon COA CAFÉ 12:30	25 Strength Training 9-10 Weight Loss 10 Bridge 1:30 Cribbage 1:30	26 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	27 Strength Training 9-10 FREE Friday Movie 1:30
30 Strength Training 9-10 Memoirs 10:30-12:30	31 Needlework 10-Noon COA CAFÉ 12:30		<i>Art Opening for Peg Reynolds Sunday, July 8 2-4 P.M. All are welcome.</i>	

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

TRAVEL The Truro Council on Aging will be advertising trips that are offered through Funtastic Getaways . The organization is out of Falmouth, but they have a pick up for day trips as close as Patriot Square in Dennis. If you're interested in a particular trip, **call Funtastic Getaways directly for additional information and reservations toll free 866-518-6877**



Jersey Boys

Thursday, August 16 & Saturday, August 25

Worldwide, more than **13 million people have seen Jersey Boys**, and now, the show that made critics and audiences cheer is "Working Its Way Back" to Providence! Jersey Boys is the Tony®, Grammy® and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers the Four Seasons: **Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi**. This is the story of how four blue-collar kids became one of the greatest successes in pop music history.

They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! Jersey Boys features their hit songs **"Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off Of You."** "It will run for centuries!" proclaims Time Magazine. We have **orchestra seating** for the 1:00 PM Matinee on the 16th, which is a discounted matinee performance, but we also have orchestra seating for the regularly priced 2 PM Saturday Matinee on August 25th. Both performances are at the **Providence Performing Arts Center**, and you'll have free time for lunch and shopping before the show at the Providence Place Mall.

\$95 for the discounted show on August 16

\$129 for the regularly priced Saturday matinee on August 25.

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Martha Ingram, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary;

Board Members: Stephen Currier, Lucie Grozier, Carol Nickerson, Florence Johnson, Diane Rose.

Council on Aging Officers: Rotating Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Moriarty, Carol Green, Joan Holt, Martha Ingram, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Alternate; Judy Thompson. **Staff:** Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duart, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

Funding for this newsletter is provided by the Massachusetts Executive Office of Elder Affairs, and the Friends of the Truro Council on Aging. Thank you! And thanks to Naz Basmajian, Nancy Edwards, Bobbie Kane, Joan Moriarty, & Karen Mooney for their invaluable help with the bulk mailing. Thank you to Anne & Howard Irwin for their vigilant proof reading and copy editing.