

The Residents' Point

FEBRUARY 2019



History of Landscape Painting in Provincetown

John Peters-Campbell

Thursday, February 7, 4pm

Hatches Harbor Room

In the middle of the nineteenth century, landscape painting became the dominant genre in the US. But painters didn't come to Provincetown until almost fifty years later, even when there was a thriving tradition of seascapes in other parts of Massachusetts. Why? And what changed to make Provincetown the first art colony in the US just a generation later? Peters-Campbell, an art historian and former university professor specializing in nineteenth century painting and photography, will address these topics with a range of images from Provincetown and beyond. **RSVP @ Concierge**



Meditation and Mindfulness Class

With Alison Dwyer

To Continue Another Month!

Friday February 8, 15, 22 and March 1

@ 10am, Point Room

An invitation to experience the benefits of mindfulness and meditation. These practices are proven to increase well-being, lower blood pressure and relieve the effects of everyday stress! All are welcome and no experience necessary.

We will be practicing in chairs.

Resident Talent Show!

Wednesday, February 13, 4pm

Hatches Harbor Room



Time to dust off that rusty harmonica, tune your old guitar and strengthen those vocal chords! Please join us for what is sure to be an entertaining afternoon of talent. Whether you're a singer, poet, dancer, storyteller, actor, juggler or have any other hidden talents you would like to share we would love to have you perform. **Please sign up at concierge no later than Wednesday, February 6.**

Brrrrrr-ds. The Feathered Winter Storm-troopers!

Stephanie Ellis, Executive Director of Wild Care, Inc

Thursday, February 21, 4pm

Hatches Harbor

Ever wonder why ducks don't freeze into ponds? Why so many birds spend the winter here instead of going south? Join Stephanie Ellis, Executive Director of Wild Care, Inc as she gives this informative talk on how birds survive frigid winter temperatures and storms. The presentation will also include ways that wildlife stay warm in the winter on Cape Cod.

Please RSVP at the Concierge Desk



SPECIAL EVENTS

FREE AND OPEN TO THE PUBLIC

NOT YOUR “REGULAR” COFFEE HOUR

Wednesdays, 10:30 am

Please join residents and friends from the Provincetown area for a sumptuous coffee hour.

ALZHEIMER’S SUPPORT GROUPS

Thursday, Feb. 14, 3-4:30, early-stage

Thursday, Feb. 14 & 28, 3-4:30, caregivers

Collaborating with **Alzheimer’s Family Support Center of Cape Cod** to support people with mild cognitive impairment—early stages of Alzheimer’s or dementia-related illnesses—and their caregivers.

MEN’S BREAKFAST

Tuesday, February 19, 9am

For men of Provincetown to gather for conversation, camaraderie, coffee, and a nice meal. Free will donation. **RSVP at Concierge.**

SEASHORE POINT BOOK CLUB

Friday, February 15, 10:30am

Collaboration with Provincetown Public Library to bring you Brittany Taylor who leads a discussion

“ As you may have noticed, Visitor Parking spaces have increased as some of our “snowbird” residents have kindly offered their parking spaces while away for the winter. If you wish to offer your space as a Visitor Parking space temporarily while away, or you are not using your parking space, please see Karl at Concierge. Thank you !

Events Committee Meeting, Mon, February 11

11am, Hatches Harbor Room

Residents Betty Comey, Lorraine Kujawa, Alexandra MacDonald, Joan LeBlanc, with Sheila McGuinness and Mark Boucher discuss and plan upcoming special events. Please feel free to make your suggestions to anyone on the committee.

Talking Point, Tue, February 12,

4pm, Hatches Harbor Room

Your opportunity to hear about and discuss with management upcoming events, new and community topics. This is also an opportune time to meet with other residents you may not often get a chance to see.

Residents’ Dining Committee, Mon February 18, 11am, Hatches Harbor Room

Richard Mayberry, Sandy Mason, Diana Lu, and Sandra Delzotti meet with Mike Dickerson and Sheila McGuinness to discuss Nightly Specials and your dining Response Cards. Please feel free to make your meal suggestions to committee members.

THE MET

Fille du Regiment: Saturday, March 2nd, 2019

12:55pm, 2 hrs. & 35 mins.

Van departs SSP at 12 noon sharp & returning around 4pm. Tickets are \$13.50. We offer care-free transportation at \$20 per person (3 people minimum).

For more info., see Karl at Concierge



FEBRUARY PROGRAMS

Sat. 2/2 "A River Runs Through It" (1992), 2h 4m

Two fly-fishing brothers, straitlaced scholar Norman (*Craig Sheffer*) and trouble-finding gambler Paul (*Brad Pitt*), struggle to mollify their Presbyterian preacher father's (*Tom Skerritt*) lofty moral -- and fishing -- standards. Director Robert Redford's Oscar-winning, nostalgic meditation about the fierce bonds that unite and divide families is set in Montana in the early 1900s. *Emily Lloyd, Stephen Shellen and Brenda Blethyn* co-star.

Sun. 2/3 "Papa Hemmingway In Cuba" (2016) R, 1h 49m

Set in the late 1950s amid the turmoil of the Cuban revolution, this fact-based drama follows young journalist Ed Myers during a pilgrimage to Havana to meet his hero, iconic writer Ernest Hemingway, who's descending into depression and alcoholism. Cast : *Giovanni Ribisi, Joely Richardson*

Sat. 2/9 "Dead Ringer" (1964) NR, 1h 56m

Twins Edith and Margaret (*Bette Davis* in a dual role) both desire a wealthy Spaniard, but Margaret marries him under false pretense in this dark tale from director Paul Henreid about a vengeful sister who assumes her twin's identity. Years later, widowed Margaret lives the high life, while Edith can't afford lunch. Edith kills Margaret and takes her place, but arouses the suspicion of a detective (*Karl Malden*) and Margaret's lover (*Peter Lawford*).

Sun. 2/10 "The Soloist" (2009), PG-13, 1h 49m

This true-life drama tells the poignant tale of Los Angeles newspaper reporter Steve Lopez (*Robert Downey Jr.*), who discovers brilliant street musician Nathaniel Ayers (*Jamie Foxx*), and the unique friendship that transforms both their lives.

Sat. 2/16 "Widows Peak" (1994) PG, 1h 41m

When attractive British widow Edwina (*Natasha Richardson*) moves to a quiet Irish community, the local ladies are immediately suspicious of the sultry outsider, so much so that they spearhead an elaborate investigation to prove she's up to no good. But that doesn't stop Edwina from charming Mrs. Counihan's (*Joan Plowright*) son, Godfrey (*Adrian Dunbar*), and fighting with Miss O'Hare (*Mia Farrow*). Jim Broadbent co-stars in this comedic mystery.

Sun. 2/17 "Mama Mia! Here We Go Again" (2018) PG-13, 1h 54m

In this sun-soaked sequel, a pregnant Sophie (Donna's daughter) is now running the family villa on Kalokairi and worried about facing motherhood minus her mom's guidance. But Donna's best friends reassure Sophie with tales about Donna's experiences. Cast : *Christine Baranski, Pierce Brosnan*

Sat. 2/23 "Lady In a Cage"(1964) NR, 1h 35m

Affluent widow Mrs. Hilyard gets trapped inside her home elevator after her power goes out on a sizzling summer day. Her continued shouts and pressing of an alarm button ultimately attract an opportunistic thug who loots her house. Cast : *Olivia de Havilland, James Caan*

Sun. 2/24 "Nebraska" (2013) R, 1h 55m

When a cantankerous old boozier thinks he's won a magazine sweepstakes prize, his son reluctantly takes a road trip with him to claim the fortune. As they drive from Montana to Nebraska, they visit friends and relatives to whom the dad owes money. Cast : *Bruce Dern, Will Forte*

FEBRUARY CALENDAR

Friday 2/1

8:30am Provincetown Errands, Lobby
12:30pm Blood Pressure, Be Well Corner
1pm Residents' Bridge, Point Room
5pm Happy Hour, The Point Room

Saturday 2/2

3pm Saturday Matinee, *"A River Runs Through It"* (1992), Point Room

Sunday 2/3

3pm/7:30pm Sunday Night at the Movies,
"Papa Hemmingway In Cuba" (2016), Point Room

Monday 2/4

8:30am Orleans Errands, Lobby,
2pm Yoga, Point Room

Tuesday 2/5

8:30am Provincetown Errands, Lobby
12:30pm Blood Pressure, Be Well Corner

Wednesday 2/6

8:30am Hyannis Medical, Lobby
10:30am Coffee Hour, The Grille
2pm Dealer's Choice, Point Room
3pm Bingo, Private Dining

Thursday 2/7

4pm History of Landscape Painting
W/ John Peters-Campbell
Hatches Harbor Room

Friday 2/8

8:30am Provincetown Errands, Lobby
10am Meditation and Mindfulness Class,
Point Room
12:30pm Blood Pressure, Be Well Corner
1pm Residents' Bridge, Point Room
5pm Happy Hour, The Point Room

Saturday 2/9

3pm Saturday Matinee, Point Room
"Dead Ringer" (1964)

Sunday 2/10

3pm/7:30pm Sunday Night at the Movies,
"The Soloist" (2009), Point Room

Monday 2/11

8:30am Orleans Errands, Lobby
11am Events Committee meets, Hatches Harbor Room
2pm Yoga, Point Room

Tuesday 2/12

8:30am Provincetown Errands, Lobby
12:30pm Blood Pressure, Be Well Corner
2pm Afternoon Tea, Private Dining Room
4pm Talking Point, Hatches Harbor Room

Wednesday 2/13

8:30am Hyannis Medical, Lobby
10:30am Coffee Hour, The Grille
2pm Dealer's Choice, Point Room
3pm Bingo, Private Dining
4pm Resident Talent Show, Hatches Harbor Room

Thursday 2/14

3-4:30pm Alzheimer's Caregivers' Support Group,
Point Room
3-4:30pm Alzheimer's Support Group,
Hatches Harbor

Friday 2/15

8:30am Provincetown Errands, Lobby
10am Meditation and Mindfulness Class, Point Room
10:30am Seashore Point Book Club,
Private Dining Room
12:30pm Blood Pressure, Be Well Corner
1pm Residents' Bridge, Point Room
1:30-3pm Dr. Campo, Podiatrist, Be Well Corner
5pm Happy Hour, The Point Room

Saturday 2/16

3pm Saturday Matinee, Point Room
"Widows Peak" (1994)

FEBRUARY CALENDAR

Sunday 2/17

3pm/7:30pm Sunday Night at the Movies
"Mama Mia ! Here We Go Again" (2018), Point Room

Monday. 2/18

8:30am Orleans Errands, Lobby
11am Residents' Dining Committee meets, Hatches Harbor Room
2pm Yoga, Point Room

Tuesday. 2/19

8:30am Provincetown Errands, Lobby
9:00am Men's Breakfast, The Grille
12:30pm Blood Pressure, Be Well Corner

Wednesday. 2/20

8:30am Hyannis Medical, Lobby
10:30am Coffee Hour, The Grille
2pm Dealer's Choice, Point Room
3pm Bingo, Private Dining

Thursday. 2/21

10am-1pm Shredding Day, loading dock
3-4:30pm Alzheimer's Caregivers' Group, Point Room
4pm Brrrrr-ds, The Feathered Winter Storm Troopers! Hatches Harbor Room

Friday. 2/22

8:30am Provincetown Errands, Lobby
10am Meditation and Mindfulness Class
12:30pm Blood Pressure, Be Well Corner
1pm Residents' Bridge, Point Room
5pm Happy Hour, The Point Room

Saturday 2/23

3pm Saturday Matinee,
"Lady in a Cage" (1964) Point Room

Sunday 2/24

12pm Omaha Poker, Private Dining
3pm/7:30pm Sunday Night at the Movies
"Nebraska" (2013), Point Room

Monday 2/25

8:30am Orleans Errands, Lobby
2pm Yoga, Point Room

Tuesday 2/26

8:30am Provincetown Errands, Lobby
12:30pm Blood Pressure, Be Well Corner.
2pm Birthday Celebration, Private Dining

Wednesday 2/27

8:30am Hyannis Medical, Lobby
10:30am Coffee Hour, The Grille
2pm Dealer's Choice, Point Room
3pm Bingo, Private Dining

Thursday. 2/28



Recent diner comments:

Crispy Coconut Shrimp LOVED IT!
Meatloaf: Excellent!
Baked Stuffed Shrimp delicious!!
Desserts very good & popular!



Valentine's Day



FEBRUARY MENU

- 1 Friday**- Individual Meat Loaf with gravy, baked sweet potato and peas.
- 2 Saturday** - Grilled Lamb Chop with mint jelly, fresh green beans, and wild rice. **HH/LS/GF**
- 3 Sunday** - Pan Seared U-10 Scallops, mashed potatoes and fresh carrots. **HH/LS/GF**
- 4 Monday** – BBQ Baby Back Ribs with macaroni and cheese, and stewed collard greens.
- 5 Tuesday** - Pot Roast and Pan Gravy with roasted potatoes and roasted root vegetables **GF, (LS no gravy)**
- 6 Wednesday** – Homemade Lasagna with peas and mushrooms and a garlic knot roll.
- 7 Thursday** – Fish and Chips, cole slaw and steak fries. **LS**
- 8 Friday** - Chicken Piccata in white wine lemon caper sauce with rice pilaf and fresh asparagus. **LS**
- 9 Saturday** – Baked Stuffed Shrimp with herbed couscous and fresh green beans almondine. **LS**
- 10 Sunday** - Center Cut Pork Chops with apple sauce, braised red cabbage and warm German potato salad.
HH/LS
- 11 Monday** - Fresh Chicken Parmesan, side of pasta and sauce, broccoli.
- 12 Tuesday** - Beef Burgundy with fresh carrots, onions and mushrooms over egg noodles. **LS**
- 13 Wednesday** – Cheese Ravioli with brown butter, sage cream sauce, fresh asparagus and roasted tomatoes. **LS**
- 14 Thursday**- Herb-roasted Statler Chicken with tri-color fingerling potatoes, corn and Valentine’s Day dessert. **HH/LS**
- 15 Friday**- Coconut Shrimp with sweet and sour sauce, stir-fried rice and roasted yellow beets. **LS, HH**
- 16 Saturday**- Pan-seared Halibut topped with roasted tomatoes and olives, with rice pilaf and roasted Brussels sprouts. **HH/LS**
- 17 Sunday**- Roasted Turkey Dinner with stuffing, mashed potato and gravy, butternut squash and cranberry sauce.
- 18 Monday**- Chicken Pot Pie with fresh broccoli. **LS**
- 19 Tuesday**- Homemade Beef Stew and fresh baked roll **LS**
- 20 Wednesday**- Pan-fried Pork Cutlet with hash browns and herb roasted cauliflower.
- 21 Thursday**- Chicken Nantucket Stew, chicken with peppers, onions, mushrooms and lemon cream sauce served over a puff pastry shell. **LS**
- 22 Friday**- Pappardelle Bolognese, garlic bread and fresh roasted zucchini. **LS**
- 23 Saturday**- Grilled Duck Breast with a citrus glaze, rice pilaf and fresh roasted beets. **LS**
- 24 Sunday**- Baked Ham with raisin sauce, scalloped potatoes and grilled vegetables.
- 25 Monday**- Shrimp Piccata over bowtie pasta, with roasted butternut squash. **HH/LS**
- 26 Tuesday**- Beef Scaloppini with mushroom Madeira sauce mashed sweet potatoes and fresh carrots. **LS**
- 27 Wednesday**- Baked Fresh Haddock with lemon butter and white wine, orzo with herbs, sautéed fresh zucchini and summer squash. **HH/LS/GF**
- 28 Thursday**- Baked Ziti with sausage and fresh sautéed spinach.

You may ask for a smaller portion

