

# The Residents' Point

JULY 2017



## FREE AND OPEN TO THE PUBLIC NOT YOUR "REGULAR" COFFEE HOUR

Wednesdays • 10:30 am

You're invited to join residents and friends from the Provincetown area for breakfast and conversation.

## HATCHES HARBOR EXHIBITIONS PRESENTS

Peter Macara • Artist as Curator

Collaborating with Hutson Gallery to show paintings that contrast predictable patterns against seemingly random broken shapes, leaving the viewer's mind to fill in the gaps. Exhibit runs thru July.

## SUMMERTIME HEALTH

Monday, July 10 • 4pm (rescheduled)

Hatches Harbor Room

During the warmer, longer, lazier days of summer, the living may be easy, but having fun in the sun brings a host of summer things, such as burns and bugs and humidity. **Seashore Point's Director of Nursing, Judy Johnson** has great ideas for treating yourself well that you'll want to know! Join us to hear her tips, also for light refreshments.

## ALZHEIMER'S SUPPORT GROUPS

Thursday, July 13 • 3-4:30pm, early-stage

Thursday, July 13 & 27 • 3-4:30pm, 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.

## HILDE OLESON WRITING GROUP

Tuesdays • 10:30am

Join this group of writers who meet in the Residences at Seashore Point.

## MEN'S BREAKFAST

Tuesday, July 18 • 9am

A time for men to gather for conversation, a hot breakfast, and camaraderie. Free will donation.

## SEASHORE POINT BOOK CLUB

Friday, July 21 • 10:30am

Collaborating with Provincetown Public Library to bring you **Matt Clark** who leads a discussion of *Shoe Dog* by **Phil Knight**.

## FREE AND OPEN TO THE PUBLIC PETER DONNELLY & STEVE SOLLOG OF NEW BEACH BAND

Friday, July 14 • 4pm

Covers of Ray Charles, Geroge Gershwin and others from the Great American Songbook are the playlist of these vocalists on guitar and piano.

## DRONING PROVINCETOWN, FILMS

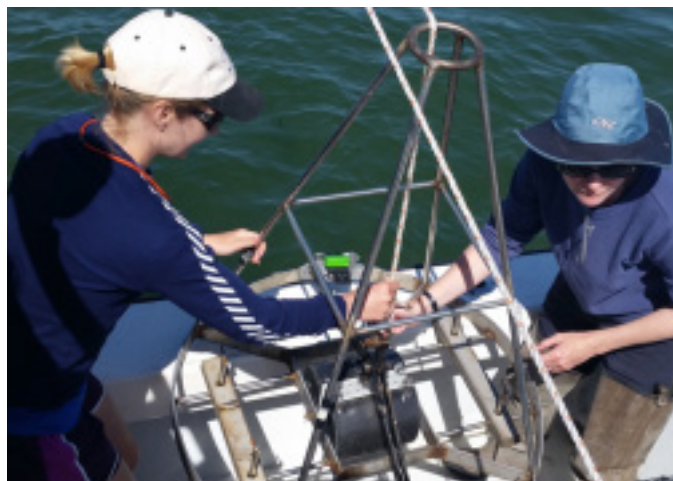
Wednesday, July 19 • 4pm

Provincetown resident and founder of Droning Provincetown, David A. Cox, will screen his most popular films. Documenting Provincetown's varied summer theme weeks, these films have reached global audiences, sometimes hundreds of thousands of viewers on their first day release. They show the celebration of life that our town embraces. David will also discuss his process making each film, and will take questions.

## MAPPING CAPE COD BAY

Thursday, July 27 • 4pm

Theresa Smith, a research geologist, presents Understanding Our Coastal Oceans from the Bottom Up: The Seafloor Mapping Program at the Center for Coastal Studies. As leader of the underwater survey team, she discusses the exploration coastal waters



from Provincetown to Chatham using state-of-the-art acoustic instruments and research vessels that are specially designed to survey in shallow water. This unique ability allows investigators to conduct cutting-edge scientific research, map underwater environments, and locate marine debris.

# July Special Events

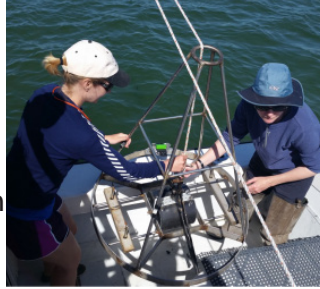


## SPECIAL PROGRAM & DINNER SERIES

### MAPPING CAPE COD BAY

**Thursday, July 27 • 4pm**

Theresa Smith, a research geologist, presents Understanding Our Coastal Oceans from the Bottom Up: The Seafloor Mapping Program at the Center for Coastal Studies.



**DINNER IMMEDIATELY FOLLOWING** Residents may invite friends and family to join them for this program and dinner. Our chefs will prepare specials for you to choose from: **Chicken Coconut Curry** with peas, scallions and cauliflower over brown rice; **Shrimp Scampi** with grape tomatoes, scallions, and parmesan cheese on angel hair pasta; or **Grilled Salmon** with an orange/soy/ginger glaze atop arugula salad. BYOB. Residents having meal plans use one meal. Residents with no meal plan, and all guests, will be charged \$15 to residents' monthly invoice. **RSVP at Concierge with meal choice by July 20, or see Sheila.**

## DINNER & A SHOW SERIES

Enjoy a great night out with a group of your Seashore Point friends! The Events Committee recommends having dinner at the Central House to get guaranteed front of the house seats to see Provincetown's top entertainers.

Sign up with Sheila, and get concierge service: your dinner reservations made (you pay at the restaurant), your tickets and taxis scheduled and paid for (\$46), and billed on your monthly invoice.

### SUEDE

**Monday, July 17 5:45pm leave Lobby, 6pm dinner, 8pm show, 9:25-ish pm leave Crown & Anchor** NY Press says she's like Adele meets Diana Krall meets Bette Midler—sassy, smooth and intoxicating. The Boston Globe says she's "Wicked exciting!" And being the late, great Joan Rivers' opening act, Suede and her band call The Crown & Anchor their Provincetown home. **Please sign up by July 3. Tickets will be purchased only once on July 3. So, if you want Concierge Service for tickets, be sure to sign up now!**

## ZOE LEWIS & HER RUBBER BAND CARPOOL TO HERRING COVE

**Sunday, July 9, 5:15pm, Lobby**  
**Concert start, 6:30pm**

Residents are excited about attending this free Summer Concert in the pavilion at Herring Cove Beach! Zoe Lewis—a troubadour, vaudevillian, storyteller, adventurer, and singer-songwriter—and Her Rubber Band play jazz, jump jive, latin grooves, swing, international folk, funk originals on anything from the piano to the spoons! We have two drivers for this carpooling event, and are looking for others. When you sign up at Concierge, please note how many people you can take in your car, or if you need a ride. Bring your dinner, or buy one at FarLand's concession stand. Bring a beach chair, or a walker with seat, as you are not guaranteed one at the picnic tables. Dress for the weather, which gets cooler after sunset. **Sign up at Concierge by July 7.**



## SUNSET WHALE WATCH WITH CENTER FOR COASTAL STUDIES SCIENTISTS

**Saturday, July 22 • 5pm - 9pm-ish**  
**TAXI TO/FROM MacMillan Wharf**

A very special sunset whale watch aboard the Dolphin Fleet allows time to chat with Coastal Studies scientists, enjoy a picnic supper with complimentary beer, wine and soft drinks, and see some of the ocean's most magnificent creatures in their own backyard. Proceeds from this event directly benefit whale research and rescue. This is a rain or shine event, accessible for walkers, not wheelchairs. There is inside seating, but please dress for the weather. All-inclusive tickets are \$132 to be charged to your monthly invoice. **RSVP at Concierge by July 9.**



# July Events



## SATURDAY MATINEES AND SUNDAY NIGHT AT THE MOVIES ARE SCREENED IN THE POINT ROOM

### **Saturday, July 1, 3pm** Dragon Seed, 1944, 2hr 28m

When a peaceful Chinese village is invaded by Japanese occupiers in the years before World War II, a band of locals—led by the outspoken Jade Tan (Katharine Hepburn)—fights back in an organized, armed revolt.

### **Sunday, July 2, 7:30pm** What We Did on Our Holiday, 2015, 1hr 35m

During a visit to celebrate the 75th birthday of the family patriarch—who's terminally ill—a soon-to-be-divorced couple try to maintain the pretense that they're happy together. The couple's kids have trouble keeping up the ruse.

### **Saturday, July 8, 3pm** East of Eden, 1955, 1hr 55m

Set in California's Salinas Valley. The black sheep son of a farmer, tired of being compared to his brother, tries in vain to please his father. They finally face off over the truth about his "dead" mother. James Dean, Julie Harris, Burl Ives

### **Sunday, July 9, 7:30pm** Miss Sloane, 2016, 2hr 12m

A gripping thriller that exposes the dog-eat-dog world of Capitol Hill lobbyists. A political strategist pushes through legislation for tougher gun control, regardless of the personal or professional cost. Jessica Chastain, Mark Strong

### **Saturday, July 15, 3pm** Cat on a Hot Tin Roof, 1958, 1hr 48m

An Southern clan scrambles to curry favor with its dying, wealthy patriarch in this Oscar-nom film of Tennessee Williams's sizzling stage drama, in which an alcoholic ex-football star jeopardizes everything. Burl Ives, Paul Newman, Elizabeth Taylor

### **Sunday, July 16, 7:30pm** Burnt, 2015, 1hr 40m

In his ambitious attempt to open a world-class restaurant, cutting-edge chef Adam Jones encounters a platterful of obstacles—which includes assembling a staff capable winning a coveted third star in the Michelin guidebook. Bradley Cooper

### **Saturday, July 22, 3pm** Laura, 1944, 1hr 28m

New York City. A murder. The detective finds that everyone was in love with the woman, as he gradually falls under her spell. But things aren't always what they seem. Otto Preminger's classic mystery stars Gene Tierney and Dana Andrews.

### **Sunday, July 23, 7:30pm** A Hologram for the King, 2016, 1hr 37m

Teetering on the edge of bankruptcy, a U.S. businessman tries to reverse his fortunes by landing a lucrative contract in Saudi Arabia. As Alan attempts to navigate his way through an unfamiliar culture, he unexpectedly finds romance. Tom Hanks

### **Saturday, July 29, 3pm, Point Room** Mrs. Miniver, 1942, 2hr 14m

An English family's efforts to rise above the hardships of war. The patriarch faces battle in Dunkirk; an air raid kills a daughter; and a son joins the Royal Air Force. Still, Mrs. Miniver stands strong and filled with hope. Greer Garson, Walter Pidgeon

### **Sunday, July 30, 7:30pm, Point Room** Coming Home, 2015, 1hr 49m

In the waning days of China's Cultural Revolution, dissident Lu Yanshi returns home after being released from a labor camp, only to find his wife suffering from amnesia. Lu is determined to bring back her lost memory.

## 4th of July BBQ

July 4, 2-4pm

Deck & Hatches Harbor Room

An event for residents. **All residents—even those on a meal plan—must RSVP at Concierge by July 2** so that we may have an accurate count! Hot dogs, hamburgers, chicken, pasta salad, baked beans, watermelon, brownies & soft drinks. **NO DINNER SERVICE IN THE DINING ROOM.**

## Events Committee

July 10, 11am

Hatches Harbor Room

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

## Talking Point

July 11, 4pm

Hatches Harbor Room

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

## Residents' Dining Committee

June 19, 11am

Hatches Harbor Room

Ann Wright, Paul Endich, Don Roy, Carol Procter and Bill Brewer meet with Angela Rabuano and Sheila McGuinness to discuss August's Nightly Specials and your dining Response Cards. Please feel free to make your suggestions to committee members.

# July Dinner Specials

**1 Saturday:** Baked Stuffed Shrimp with wild rice and green beans **HH**

**2 Sunday:** Pork Tenderloin roasted and spiced rubbed, with mango chutney, sweet potato and wilted cabbage. **LS, GF, HH**

**3 Monday:** Homemade Old Fashioned Cod Cakes with maple baked beans and slaw

**4 Tuesday:** Community BBQ [see listing on Events page](#)

**5 Wednesday:** Gnocchi in hearty tomato sauce with fresh mozzarella, and broccolini **LS**

**6 Thursday:** Pan-roasted Salmon with cannellini beans, baby tomatoes and fresh oregano over soft polenta **LS**

**7 Friday:** Indian Curry with chick peas, cauliflower, mushrooms and scallions in coconut masala sauce served with coriander rice. **LS, GF, HH**

**8 Saturday:** Stuffed Sole (spinach, pine nuts and cheese) with Newburg sauce, rice pilaf and roasted cauliflower.

**9 Sunday:** Lamb Chops with mint chutney, horseradish mashed potatoes and grilled asparagus. **LF, GF, HH**

**10 Monday:** Southern Fried Chicken with potato salad and cole slaw.

**11 Tuesday:** Grilled Pork Chops with caramelized onions, steak fries and green beans. **LS, GF**

**12 Wednesday:** Pasta Puttanesca over linguini. **HH**

**13 Thursday:** Sautéed Cod Picatta over risotto with shoestring zucchini. **LS, HH**

**14 Friday:** Steak Tips with onions and peppers and parmesan steak fries. **LS, GF**

**15 Saturday:** Baked Haddock and Scallops dusted with Old Bay seasoning, served with roasted broccoli and wild rice. **LS, GF, HH**

**16 Sunday:** Pot Roast with roasted potatoes, carrots and parsnips. **LS, GF**

**17 Monday:** Fish Tacos with flour tortilla and firecracker slaw (red cabbage, scallions and yellow peppers). **HH**

**18 Tuesday:** Rigatoni with Peas and Prosciutto in a mild lemon cream sauce.

**19 Wednesday:** BBQ Baby Back Ribs with baked potato and collard greens. **LS, GF, HH**

**20 Thursday:** Veal Milanese topped with arugula, baby mozzarella and tomato salad tossed with olive oil and fresh lemon juice. **LS**

**21 Friday:** Chicken Marsala with grilled vegetables and orzo with spinach.

**22 Saturday:** Shrimp in a mild saffron cream sauce with Moroccan couscous and wilted kale. **LS**

**23 Sunday:** Pan-seared Duck Breast with orange sauce, hasselback potatoes and fennel scented carrots. **LS, GF**

**24 Monday:** Gemeli Pasta with sweet Italian sausage and broccoli rabe.

**25 Tuesday:** Grilled Chicken with roasted corn and black bean salsa over wilted greens. **LS, GF, HH**

**26 Wednesday:** Portuguese Vinha D'Alhos (marinated pork shoulder) with roast potatoes and baby carrots. **LS**

**27 Thursday:** Sautéed Chicken Coconut Curry with peas, scallions and cauliflower over brown rice. **LS, HH**

**28 Friday:** Sole Francaise over wilted spinach and roasted fingerling potatoes. **LS, HH**

**29 Saturday:** Baked Stuffed Shrimp with wild rice and green beans. **HH**

**30 Sunday:** Beef Stroganoff over egg noodles with baby lima beans.

**31 Monday:** Sautéed Chicken Breast with marsala basil cream sauce over linguine roasted carrots.

**LS low-salt, LF low-fat, GF gluten-free**



# July Calendar



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## Saturday, July 1

1pm Chair Exercises, Point Room  
3pm Saturday Matinee, Dragon Seed, Point Room

## Sunday, July 2

7:30pm Sunday Night at the Movies, What We Did on Our Holiday, Point Room

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## Monday, July 3

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

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## Tuesday, July 4

8:30am Provincetown Errands, Lobby  
10:30 Hilde Oleson's Writing Group, The Grille  
12:30pm Blood Pressure, Be Well Corner  
1pm Chair Exercises, Point Room  
2-4pm 4th of July BBQ, Deck & Hatches Harbor Room  
**RSVP REQUIRED. NO DINNER SERVICE IN DINING ROOM.**

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## Wednesday, July 5

8:30am Hyannis Medical, Lobby  
10:30am Coffee Hour, The Grille  
3pm Bingo, Private Dining

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## Thursday, July 6

1pm Fitness Center Training, Gym  
6pm Tournament, Point Room

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## Friday, July 7

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

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## Saturday, July 8

1pm Chair Exercises, Point Room  
3pm Saturday Matinee, East of Eden, Point Room

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## Sunday, July 9

5pm Carpool to Herring Cove: Zoe Lewis at 6:30  
7:30pm Sunday Night at the Movies, Miss Sloane, Point

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## Monday, July 10

8:30am Orleans Errands, Lobby  
11am Events Committee, Hatches Harbor  
2pm Yoga, Point Room  
4pm Summertime Health with Judy Johnson, Hatches Harbor, snax served

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## Tuesday, July 11

8:30am Provincetown Errands, Lobby  
10:30 Hilde Oleson's Writing Group, The Grille  
12:30pm Blood Pressure, Be Well Corner  
1pm Chair Exercises, Point Room  
2pm Afternoon Tea, Private Dining  
4pm Talking Point, Hatches Harbor

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## Wednesday, July 12

8:30am Hyannis Medical, Lobby  
10:30am Coffee Hour, The Grille  
3pm Bingo, Private Dining

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## Thursday, July 13

1pm Fitness Center Training, Gym  
3-4:30pm Alzheimer's Support Group, Hatches Harbor  
3-4:30pm Alzheimer's Caregivers' Support Group, Point  
6pm Tournament, Point Room

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## Friday, July 14

8:30am Provincetown Errands, Lobby  
12:30pm Blood Pressure, Be Well Corner  
1pm Residents' Bridge, The Grille  
4pm Peter Donnelly & Steve Sollog of the New Beach Band, Hatches Harbor Room  
5pm Happy Hour, The Grille

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## Saturday, July 15

1pm Chair Exercises, Point Room  
3pm Saturday Matinee, Cat on a Hot Tin Roof, Point Rm

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## Sunday, July 16

7:30pm Sunday Night at the Movies, Burnt, Point Room

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## Monday, July 17

8:30am Orleans Errands, Lobby  
11am Dining Committee, Hatches Harbor  
2pm Yoga, Point Room  
5:45pm Dinner & A Show: Suede

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## Tuesday, July 18

8:30am Provincetown Errands, Lobby  
9am Men's Breakfast, Dining Room  
10:30 Hilde Oleson's Writing Group, The Grille  
12:30pm Blood Pressure, Be Well Corner  
1pm Chair Exercises, Point Room

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## Wednesday, July 19

8:30am Hyannis Medical, Lobby  
10:30am Coffee Hour, The Grille  
3pm Bingo, Private Dining  
4pm David Cox, Droning Provincetown, Hatches Harbor

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## Thursday, July 20

**10am-1pm Shredding Day, loading dock near mailboxes**  
1pm Fitness Center Training, Gym  
6pm Tournament, Point Room

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## Friday, July 21

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

# July Calendar

## Saturday, July 22

1pm Chair Exercises, Point Room  
3pm Saturday Matinee, Laura, Point Room  
5pm-9pm-ish Sunset Whale Watch and picnic with  
Center for Coastal Studies scientists, lobby

## Sunday, July 23

7:30pm Sunday Night at the Movies, A Hologram for the  
King, Point Room

## Monday, July 24

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

## Tuesday, July 25

8:30am Provincetown Errands, Lobby  
10:30 Hilde Oleson's Writing Group, The Grille  
12:30pm Blood Pressure, Be Well Corner  
1pm Chair Exercises, Point Room  
2pm Birthday Celebrations

## Wednesday, July 26

8:30am Hyannis Medical, Lobby  
10:30am Coffee Hour, The Grille  
3pm Bingo, Private Dining

## Thursday, July 27

1pm Fitness Center Training, Gym  
3-4:30pm Alzheimer's Caregivers' Support Group, Point  
Room  
4pm Mapping Cape Cod Bay, Theresa Smith, Center for  
Coastal Studies geologist  
6pm Tournament, Point Room

## Friday, July 28

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

## Saturday, July 29

1pm Chair Exercises, Point Room  
3pm Saturday Matinee, Mrs. Miniver, Point Room

## Sunday, July 30

7:30 Sunday Night at the Movies, Coming Home, Point

## Monday, July 31

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

