Travel News

BSO Mattinee Concerts
Boston Symphony Hall
March 28, April 8 & 22
Join us for a day of beautiful music and the convenience of luxury motor coach travel; 8:15 / 6:15 boats.
Call Tisbury Travel Club for more information: 508-696-4205.
April 22: 1 seat available
Andres Nelson, conductor; Kristine Opola, soprano. Mixed program of: Dutilleux (Métaboles)
Rachmaninoff (Zédes Khoroshio), Tchaikovsky (Letter Scenes), Debussy (La Mer) & Ravel (La Valse).

Edward M Kennedy Institute
Commonwealth Museum
April 22: 1 seat available
FK/EMK=$46. Call 508-696-4205

Regional Luncheon
Martha’s Vineyard Regional High School
Culinary Arts & Music Departments
Culinary Arts Dining Room
February 11
Homemade rolls
Garden Salad with House Dressing
Broiled Haddock with Rice Pilaf
Bread Pudding
Join us for another wonderful meal and great company!
$12 per person
Call 508-939-9440 for reservations

A new menu every month prepared by the MVRHS culinary arts students under the expert eye of Chef Instructor Jack O’Malley
Music by the MVRHS String Quartet begins at 11 am
Lunch served promptly at 11:30

Memory Café
Thursdays, 10 am to noon
American Legion Hall, Vineyard Haven
Join us for music, conversation, laughter and companionship. Sing along to all the old familiar tunes. Music and singing have been shown to reduce anxiety and improve mood and outlook.
Refreshments included! Free of charge
For info about the Memory Café and Memory Support Groups:
Nancy Langman 508-498-1948 • Leslie Clapp 508-939-9440

Veterans Services

WOMEN VETERANS ON MARTHA’S VINEYARD

What is a veteran?
For Massachusetts benefits, you are a “veteran” if you served for at least 90 days of regular active duty, one day of which was during wartime, or you served for 180 days during peacetime and received a discharge under honorable conditions. This does not include active duty for training days in the Guard or Reserve.

Eligibility for most U.S. Department of Veterans Affairs (VA) benefits is based on discharge from active military service under other than dishonorable conditions. Active service means full-time service (other than active duty for training). Generally, men and women veterans with similar service are entitled to the same VA benefits. Certain VA benefits require wartime service. Military veterans who served in combat since Nov. 11, 1990, including in Iraq and Afghanistan, are now eligible for five years of free medical care for most conditions. The five year deadline has no effect on veterans with service-connected medical conditions or conditions related to military sexual trauma.

MV Community Services also offers programs for veterans. We would like to plan a program for women veterans. Women veterans, please call us with your contact information.

For information on the Women Veteran’s Network and the MVCS Veterans Program call Jo Ann Murphy, 508-693-6887 or email: HYPERLINK “mailto:vetsagent@dukescounty.org” vetsagent@dukescounty.org

SHINE NEWS...
Can I change my Medicare Plan after Open Enrollment?
Call your local senior center to make an appointment with a SHINE counselor.

Medicare’s Annual Open Enrollment ended on Dec 7th (the period when you can change your Medicare Part D Prescription Drug Plan or Part C Medicare Advantage Plan), however you may still have some options.

For those with Medicare Parts A and B (Original Medicare):
You can add, upgrade, downgrade or end a Medicare supplement (Medigap) plan at any time.

For those with a Medicare Advantage Plan (HMO or PPO):
Between January 1st and February 14th you can drop your Medicare Advantage Plan, switching back to Original Medicare. You cannot switch to another Medicare Advantage Plan. You can join a Medicare Prescription Drug Plan (Part D) to add drug coverage. You may also add a Medicare Supplement (Medigap Plan) at this time.

For Prescription Advantage members or if you are getting “Extra Help” for prescription drugs:
You can change your prescription plan.

Special Enrollment Periods: Under certain circumstances, you might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year.

SHINE Counselor needed! Call Sheila Curtis, Regional SHINE Manager, 508-375-6762. Training will begin in April. 12 full days (2 days per week for 6 weeks). Learn about Medicare, MassHealth and other public assistance programs, pass a certification exam, attend monthly meetings and volunteer at least 4 hours per week.

AARP TAX AIDE PROGRAM
Volunteers, certified and trained under the AARP Tax Aide Program, will provide free income tax preparation assistance, with special emphasis on taxpayers sixty and older. Appointments may be scheduled by calling the local Councils on Aging.

Dates 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Call for Appointment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Holub House, Up Island COA</td>
<td>508-683-2896</td>
</tr>
<tr>
<td>Thursday</td>
<td>Oak Bluffs, Library/Rose Cogliano</td>
<td>508-639-4509</td>
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<tr>
<td>Monday</td>
<td>Edgartown Library, Edgartown COA</td>
<td>508-627-6148</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Edgartown Library, Edgartown COA</td>
<td>508-637-6416</td>
</tr>
<tr>
<td>Thursday</td>
<td>Tisbury Senior Center, St. Stiles/Tucker</td>
<td>508-696-4205</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Oak Bluffs Library, Rose Cogliano</td>
<td>508-639-4509</td>
</tr>
</tbody>
</table>

Please bring last year’s tax return and all your tax forms (W-2, SSA-1099, and other 1099 forms, including real estate taxes). Taxpayers are requested to complete an Information Questionnaire, available at each Senior Center.
**Edgartown Highlights - 508-627-4368**

**Bowlers Wanted!**

*“Pin Pals”*

Join the TCOA or ECOA Bowling teams and face off, beginning in February. All for fun! Scrumpetious lunch and dessert included. Call TCOA, 508-693-4205 or ECOA, 508-627-4368 for info.

**“Planning For Aging”**

Up Island Senior Center
2/2, 2 p.m

Abe Seiman will discuss the many questions to consider: what would I like my future to look like (physically, mentally, living arrangement, social life, etc.)? Learn how to achieve your goals financially, maintaining your best physical and mental condition, designing a safe home, and continuing comfortable relationships with family and friends. Light Refreshments. Pre-register at 508-693-2896

**MELT for Arthritis**

with Valerie Sonnenthal
Up Island Senior Center
2/22, 1:30 pm

Up-Island Senior Center
2/25, 4-5:30 pm

MELT for the Office

MELT for Arthritis

**Oak Bluffs Highlights - 508-693-4509**

**Please call to sign up for all programs**

Friends of ORCBA meeting
Next meeting 4/14, 1:30 pm

ORCBA Board of Directors
2/18, 2 p.m

Social Security SKYPE Appointments
2/22, 9:00 am-12 pm

Call for an appointment.

S.H.I.N.E. (Serving Health Information Needs of Elders)
2/23 Appointments with SHINE Counselor Jim Butterick.

Morning Coffee and Conversation
Daily, 8:30 am

Senior Dining Center Luncheon
Tues & Thurs., 12 pm

Men’s and Ladies Luncheon

2/10, 12 noon, Noon, Threshold Choir
1/2 & 1/6, 1 p.m.

With Cheryl Burns. No experience required, just the desire to sing and learn!

Bingo!
2/17, 1-3 pm AND 6-8 p.m

Animal Companions
2/8, 2-4 p.m

With Karen Ogden.

New Program!! Toastmasters
2/9 & 2/16, 1-3 pm

With Cheryl Burns. Please come and effective public speaking and communication skills.

UFO’S – Unfinished Forgotten Objects
2/1, Join the ECOA Bowling team to challenge TCOA at the Barn Bowl & Bistro, 11:30:10:30. Fun!Scrumpetious lunch, dessert included. $30.

Friday Morning Conversation Group 2/5 and 2/19. Limore Perez leads 2/5, topic, “Global Current Economic Issues Affecting USA.” Refreshments.

Cup of Karma Project
2/9, 1 p.m. Polly Simpkins “Tea & talk” storytellers talk about one person who has changed their life. Call to tell your story.

Facebook with a Cop
2/22, 9:30 at Police Station. Featuring Officer James Craig, the MV Tactical Team. Coffee & donuts.

**Tisbury Highlights - 508-696-4205**

**Please call to sign up for all programs**

MV Museum Presents: “Island Stories”
2/22, 1:30 pm

MV Museum Presents: “Island Stories” Highlight from the MV Museum
See UICOA Highlights for details.

(Finally) Writing Your Memoir with Moira Silva
Up Island Senior Center
Mondays in March, 9-10:30 am

You’ll laugh, You’ll cry. And you will write! No writing experience necessary. Please call ahead. 508-693-2896 to register.

Moira C. Silva’s writing has appeared in over a half dozen publications and aired over WMVY. She holds a Masters in Writing and Teaching Writing from Northeastern University.

**“Dance With Parkinson’s”**

April 11. 10:30 am Urbanity Dance offers classes designed to keep individuals living with Parkinson’s disease active. Our move, our fun, our learning, our safety. Professionally trained instructors. More in next 55Plus. Call UICOA for information. 508-693-2896

**It’s All About Love**

2/1, 2 p.m.

A brief look at the all the Valentines in your life: photos of people in your life who are or have been dear to you. In small groups we will share stories about these special people and how they changed our lives. None of us have walked a solitary road: who are the people who have influenced you? Refreshments and short entertainment.

Crazy for Coloring Books!

Have you seen the adult coloring books that have influenced you? Refreshments and short entertainment.

If you’re interested in joining a coloring book group for coloring, cookies and tea, 1 p.m. Mon, Tues, Wed? Let us know what works for you!

**Mark Your Calendar**

March 29 Vintage Voices in Concert with Phil Deterding on piano and conducting.

**Outreach, CORE Counseling Services & Emergency List**

Contact Gretchen Mayer. Outreach Coordinatormonday through Thursday for information and to connect to services to help meet your needs.

Oak Bluffs residents age 60 and over who are in need of Fuel Assistance please contact Rose, 508-693-4509 x3 to schedule an appointment.

The Senior Center will be closed on Monday February 15th in observance of President’s Day. Remember that in stormy weather the OBCOA operates on the same Inclement Weather Schedule as the Oak Bluffs School… if the School is closed, the Council on Aging is closed. Check Megan Alley’s weekly column in the MV Times Calendar section for updates!
**Island-Wide Activities Calendar**

**Yoga for Seniors, UICOA**
Martha Abbot
Mon, 11:15 am, Fri, 10:30 am
Kanta Lipsky
Wed, 10:30; $10 per class

**Yoga ECOA with Carol Aranzabe**
Thurs, 8:30 am
$80/8 weeks. Drop in $15

**READ THE MARTHA’S VINEYARD TIMES ONLINE: MVTIMES.COM**

**Exercise & Fitness**

**Chi Gong and Tai Chi**
Thursdays, 4-5:15 am
Sifu Daisy Taylor Lifton, Instructor

**Dancing and Movement, OBCOA**
Fridays, 1:00 am – 2:30 pm.
A great way to improve mobility and balance and have fun!

**Dance FREE!**
UICOA
Thursdays, 3-4. No money, no teacher, no instructions.
Dance to catchy, funky, rhythmic music.
Call 508-693-2896

**Strength Training UICOA**
With Katryn Yerdon (8)
Tues, Thurs, 10:30 am
Overall strength and conditioning
First class is free. Call 508-693-2896

**Learning Tai Chi**
Class begins in the spring
With Katryn Yerdon
Mon & Wed, 5:30 pm

**UICOA**
**Qui Gong**
Mon. 4 pm, Free, With Allison Parry
**Gentle Pilates, UICOA**
New winter session starting!
Tony Cohen, Instructor. $10 per class

**Got Strength? Strength Training Class with Lisa Amols**
Thursdays, 8:30 am;
Thursdays, 3:30 pm
Be strong, flexible, fit, and happy!

**Men’s Strength Training UICOA**
With Katryn Yerdon (8)
Mon & Wed, 5:30 pm

**Trishy Book Club**
2/18; 1:30 pm
“All the Light We Cannot See” by Anthony Doerr
NYT’s best-selling author of “The Paris Wife”
Books available at the library. (First class is free). With Katryn Yerdon

**Chair Yoga, TCOA**
Wed’s, 9-12 noon
Playlist unavailable at time of printing. Call 508-696-4205 for info.

**Poetry Readers, TCOA**
2/1, 10 am
Featured poet Gregory Pardlo Elaine Evoglez, Facilitator

**New Winter Session!**
**Poetry, TCOA**
Thurs, 9:30 am
Tues, 10 am. New members welcome!

**2/1, 10 am**
**Thursdays at Wildflower Court**
**Eating Healthy and Enjoying Life!**
With Sue Collison

**Mansion House Pool**
**Aquatic Exercise Class**
Call for details and reservations, 508-693-8337

**TCOA**
**Society, TCOA**
Wed’s, 9-12 noon
Playlist unavailable at time of printing. Call 508-696-4205 for info.

**Discussion follows and listeners always welcome**

**Purl Jam**
Knitting for Hospice,
Needlework,
Tues., 10 am, Learn to knit and felt

**ECOA**
**Men’s Book Group**
By Glenn Carpenter
3/16, 3 pm (No February meeting)

**Kanta Lipsky**
**Dance to catchy, funky, rhythmic music.**

**Music Call 508-693-8337 for information.**

**For Men**
**ECOA**
**Men’s Book Group**
By Glenn Carpenter
3/16, 3 pm (No February meeting)

**Discuss books on history, travel, nonfiction, real life. Exchange thoughts, ideas, opinions and insights with other knowledgeable readers. Exercise your mind, socialize with friendly people.**

**Refreshments. All welcome. March book: “Hyperlink: https://www.clansnet.org/record=b1972292-s1” by Eric Larson**

**The Princess Poo-Poo-Ly Band**
Wednesdays, 1-3 pm.
**March 1st**
**Mansion House Pool**
**Aquatic Exercise Class**
Call for details and reservations, 508-693-8337

**Note:**

**New winter session starting!**
**UICOA**
**First class is free.**
**Call 508-693-7400**

**Contracts (Party) Bridge, UICOA**
Thurs, 1-30
Call Abe Seiman 508-696-9030

**Cribbage, OBCOA, Fri, 9 am**

**Bingo, OBCOA, Wed., 2/17, 1-3 pm & 6-8 pm**

**Enjoy Lunch and Win Bowling!**
UICOA
Sign up for lunch and bowl afterward! Call 508-696-8337 for details/reservations

**Read The Martha’s Vineyard Times Online: MVTIMES.COM**

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You are invited to come see ‘the jewel’ of Martha’s Vineyard – Wildflower Court – a unique residential neighborhood for independent seniors.

We’ll take care of meals, laundry, housekeeping and maintenance for you while you enjoy your day.

We’ve saved you a place at the table.

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**Wildflowers**

Nursing & Rehabilitation Center
508-862-1951 • www.windemeremv.org

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“Isn’t the best thing in the world for me here. I can’t speak more highly. I don’t have to worry about things as if I were at home.”

– Betty, Wildflower Court resident

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**READ THE MARTHA’S VINEYARD TIMES ONLINE: MVTIMES.COM**
Service Programs and Support Group Directory

Health Promotion

Adult Health Promotion & Blood Pressure Clinics
Aquinnah Town Hall, 2/23
2-3
Chilmark Library, 2/17, 12-30-12-30
Edg Stop & Shop Pharmacy, 2/2, 12-2
Edg Town Hall, 2/10, 9-11
Edg COA, 3/18, 10:30
Oak Bluffs COA, 2/2, 12:30-2:30
Tisbury COA, 2/2, 10-11;
Up-Island COA, 2/9, 11:30-1:00

Counseling

Counseling Promotion

Transport

Groups & Service Programs and Support Group Directory

Security

Support

Social

Legal, Your Hearing 20 Indian Hill Rd, West Tisbury

Rejuvenate Vineyard Audiology

Offering Expertise with Integrity

Food

Rejuvenate Vineyard Audiology &

Eye Care for Diabetics

With Optometrist George Santos
Vineyard Isle Parkinsonians
Support Group
2/8, 10:30 am
UICOA, Call Ellen for details 508-693-2896

Parkinson’s ‘Caregivers’ Support Group
UICOA, Call Ellen for details 508-693-2896

Memory Support Groups
Wed. 9:30 & 11 at Featherstone Center for the Arts
For info call Victoria Haeselbarath, 508-627-368 x15
Caregiver & Educational Support Group
Center for the Arts
Memory Support Groups
693-2896

UICOA: Vineyard Audiology
Screenings & Repairs
Call 508-457-9285 for appointment
TICOA: Miracle Ear
Call 508-457-9285 to speak to Audiologist Michelle Harris or to make an appointment.

Podiatry & Foot Care
Pedi-Care w/Michelle LeBlanc,
RN Call for an appointment:
½ hour appts, $30
TICOA 2/10, 9 am
Call 508-693-4509 x3
ECOA 2/16, 9 am
508-627-4368
UICOA, 2/8, 9 am
508-693-2896

Free Legal Clinic
2/17, Elder Law Attorney Patty Melo. Space limited (Medicaid planning, estate planning, asset protection, wills)
Call 508-477-0267 for an appointment.
Social Security Video Display Program
2/22, 9:00 am-12 pm
Meet with a Social Security Rep via SKYPE in a private office at OB Senior Center. Call 508-693-4509 in advance for an appointment.
Social Security Falmouth office, 855-881-0212
Veteran’s Services, ECOA
2/5, 10:30 am. Call 508-627-4368 for an appointment.

Funeral Consumers Alliance
1-802-965-8300, Information on end of life alternatives

Emergency Food Services:
Emergency Food Pantries
All Senior Centers Monthly distribution, call for date & time.
First Baptist Church Parish House “Serving Hands” Williams St, VH,
Info at 508-693-5339
Island Food Pantry
Christ United Methodist Church Church St. VH
Info at 508-693-4764

Transportation:
Vineyard Transit Authority 508-693-9440.

$25 annual senior bus passes available at local Senior Centers.
Medivan, 508-693-9440 (VTA)
Tuesdays to Boston area medical services, $30 round trip
American Cancer Society Road to Recovery 1-800-227-2345, for cancer patients
Medical Taxi (Cod Cape medical appointments)
Call 508-939-9440

Housing and Living Options:
Island Elderly Housing, 508-693-5800

Subsidized housing for seniors & disabled.
Windemere Nursing & Rehab, 508-693-6456
Long term care nursing home facility. Medicaid accepted.
Havenside Apartments, 508-693-2280
Henrietta Brewer House, 508-693-4500
Assisted Living, private pay
Longhill, 508-627-7791
Assisted Living, Private pay. Long Term Care Insurance accepted.
Vineyard Village at Home (VVAH)
www.caregiverhomes.com

Referrals, Transportation & Assistance. With independent living Info & to join call 508-693-3038, vineyardvillage@gmail.com
MV Center for Living Supportive Day Program
Leslie Clapp, 508-939-9440
A social program for those needing supervision and socialization Respite for family caregivers
Caregiver Homes of Massachusetts In-home care and care management, income guidelines apply Cape & Islands branch, 774-212-5764 www.caregiverhomes.com

Elder Services of Cape Cod & Islands Nutrition Program
Senior Dining Centers
Reservations Required 48 hours in advance
Tisbury, 508-693-8377/ Monday – Friday
Up-Island 508-693-2896/ Thursdays
Oak Bluffs 508-693-4509/ Tuesday and Thursday
Meals on Wheels
508-693-4393
Call for information on how to receive Meals on Wheels, to volunteer

Support Groups & Counseling

CORE Counseling, Outreach and Referral for the Elderly
Call the Outreach Worker at the Council on Aging in your town or Joy Ganapol at Island Counseling Center, 508-693-7900 x242
Martha’s Vineyard M S Self Help Group
Call 508-693-3193
Prostate Cancer Support Group
3rd Wednesday, 4 pm
M V Community Services Bldg, C/ Conference Rm 1
Info at www.mvprostatecancer.org
Alan Garapul, Facilitator, 914-318-1477 (mobile)
Diabetes Support Group
2/16, 1 pm

Eye Care for Diabetics
With Optometrist George Santos
Vineyard Isle Parkinsonians Support Group
2/8, 10:30 am
UICOA for Parkinsonians and Caregivers.
Call Ellen for details 508-693-2896
Parkinson’s ‘Caregivers’ Support Group
UICOA, Call Ellen for details 508-693-2896
Memory Support Groups
Wed. 9:30 & 11 at Featherstone Center for the Arts
For info call Victoria Haeselbarath, 508-627-368 x15
Caregiver & Educational Support Group

Caregiver Support Group
First & third Thursdays, 10 am
MVCS Island Counseling Center, 508-693-7900
Call Allison McKinley x217
Cancer Support Group
Wednesdays, 12:00, Hebrew Center, Vineyard Haven

Elderly Services of Cape Cod & Islands

Vineyard Audiology

Family-owned & Operated

Blood Pressure Screening

Personal Consultations

Sick Room Supplies

Prescription Drug Disposal Program

MON–FRI 9-6, SAT 9-3
117 BEACH ROAD, VINEYARD HAVEN * AMPLE FREE PARKING

508-693-7979
vineyardscripts.com