



A monthly newsletter from your local Councils on Aging and the Martha's Vineyard Center for Living, PO Box 1729, Vineyard Haven, MA 02568, Tel: 508-939-9440. Edited by Leslie Clapp

November 2017 - Vol. 21, Issue 11

## SHINE NEWS

### Medicare Open Enrollment Began October 15th!

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment began October 15th and ends December 7th. Please make sure you review your 2018 Medicare options during this period.

During the Annual Open Enrollment (October 15 - December 7), you will have a chance to change your plan. This change will take effect January 1, 2018. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

Appointments fill up fast! Call the senior center and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring a list (or bottles) of your current medications to the appointment and if you are a couple, please ask for 2 appointments. If we are unable to fit you in during this short period please call the regional SHINE office in Barnstable Village at 508-375-6762.



### SEE THE THIRWOOD DIFFERENCE

#### SPACIOUS LIVING IN A BEAUTIFUL SETTING

#### ALL INDEPENDENT AND ASSISTED LIVING RENTAL APARTMENTS FEATURE:

- Reasonably Priced Flexible Options
- One & Two Bedroom Apartments up to 900 sq. feet
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- Full Kitchen
- Patio/Balcony
- Washer/Dryer
- Ample Storage
- Golf Privileges
- Supportive Care
- 24-Hour Security
- Multiple Dining Choices
- Fitness Center with Heated Indoor Pool
- Social & Physical Activities
- Weekly Housekeeping
- Linen Service
- Transportation
- Health & Wellness
- Move-In Coordinator

To learn more about our flexible rental options at Thirwood Place, visit us online at [ThirwoodPlace.com](http://ThirwoodPlace.com) or stop by and join us for a casual tour to experience the Thirwood difference.



**(508) 398-8006**

237 North Main Street  
South Yarmouth, MA 02664

[www.ThirwoodPlace.com](http://www.ThirwoodPlace.com)

Thirwood Place is owned and operated by a local family business spanning four generations, built on integrity and the value of family and friends.

## TRAVEL NEWS

### Historic North End in Boston, OBCOA

12/7, \$80 per person  
Cost includes bus fare and luncheon at the fabulous Lo Conti's Restaurant. Sponsored by the Friends of OBCOA. Call Rose to sign up and for more details, 508-693-4509 x3. Boston is beautiful during the holiday season. Only 30 spots available, so don't wait!

### Falmouth Shopping Trip, UICOA

11/15 & 12/13; 8:15 am boat

leaving, 5:00 pm return.  
Call 508-693-2896

### On Your Feet! The Story of Emilio and Gloria Estefan, UICOA

2/3/2018  
Providence Performing Art Center, lunch at Blake's Tavern. "On Your Feet!" takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet." Price to be determined, Call 508-693-2896 for more details.

## HOME DELIVERED THANKSGIVING MEAL

If you will be alone or are unable to go out on the Thanksgiving holiday, please call your local Council on Aging by Monday November 20th to have a holiday meal delivered to your door. The meal is prepared at Martha's Vineyard Hospital and delivered by volunteers in an oven and microwave safe container for you to heat at your convenience.

## REGIONAL LUNCHEON IS BACK!

Martha's Vineyard Regional High School  
Culinary Arts & Music Departments • Culinary Arts Dining Room

Thursday, November 9th • Music at 11:00 • Lunch served promptly at 11:30  
Menu: TBA

Always delicious! \$12

Reservations are a must! Call 508-939-9440

## VETERANS SERVICES

### Veteran's Day 2017

Veterans Day is always the 11th hour of the 11th day of the 11th month. For the Seventh year in a row the Town of Oak Bluffs Veterans Day Parade is a Veterans Day Regional Site. We are the only recognized regional site in Massachusetts. This recognition comes from the Department of Veterans Affairs and the Veterans Day National Committee.

The parade will step off from Nancy's Restaurant at 10:45 am and proceed to Ocean Park where a brief ceremony will be held. Parade participants are then invited back to VFW Post 9261 for refreshments. We will be doing our Veterans Day Ceremony again at Windemere at 1:30 p.m. on Friday, November 10th. Everyone is welcome at all events.

Members of American Legion Post 257 will start Veterans Day by putting up the 450 flags in the Avenue of Flags in Oak Grove Cemetery, Vineyard Haven at 7:30 am and take them down at 3 p.m. The flags are flown in honor and memory of veterans. Anyone wishing to help put up and take down these flags should be at the cemetery by 7:15 a.m. and 2:45 p.m.

For more information on Veterans Day activities please call Dukes County Veterans Services at 508-693-6887. If you would like to remember our island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion Post 257 and sent to P.O. Box 257 Vineyard Haven, MA 02568. This fund helps our veterans in need.



### Martha's Vineyard Center for Living Supportive Day Program

**Leslie Clapp, Director Eileen Murphy, Supervisor**  
Program hours: Mon, Tues, Wed, Fri, 9 am - 3 pm.  
Call 508-627-0207 for information and referrals

The Supportive Day Program is a professionally run social program for anyone 55 and over who may be at risk if left alone and/or experience social isolation; offering peace of mind and much needed respite for families and caregivers.

**Service Programs and Support Group Directory**

**Health Promotion**

**Blood Pressure & Wellness Clinics:**  
**Aquinnah Town Hall**, 11/28, 2-3  
**Chilmark Library**, 11/15, 12:30-1:30  
**Edg Stop & Shop Pharmacy**, 11/1, 12-2  
**Edg Town Hall**, 11/8, 9-11  
**Edg COA**, 11/28, 12-1:30  
**Oak Bluffs COA**, 11/7 & 11/16, 12:00  
**Tisbury COA**, 11/7, 10:00-11:00  
**Up-Island COA**, 11/14, 11:00-1:00  
**Cronig's**, 11/9, 1-3

**Hillside Village**, 11/1, 9:45-10:45  
**Woodside Village**, 11/27, 11:30-12:30  
**Woodside Village II**, 11/27, 12:45-1:45  
**Public Health Nurse Clinics:**  
 With Liz Sanderman, Public Health RN from VNA of Cape Cod  
 Call your Council on Aging for info  
**TCOA**, 11/9, 9:30-11:30  
**ECO**, 11/28, 12-1:30  
**Vineyard Scripts**, Beach Rd. VH

Have your blood pressure checked any day, any time.  
**Hearing Services, call in advance for an appointment.**  
**OBCOA:** 11/14, 11 am, Call Rose, 508-693-4509 x3 for apt  
**UICOA:** Vineyard Audiology Screenings & Repairs  
 Call 508-457-9285 for appointment  
**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  
**OBCOA**, 11/8, 9 am  
 Call 508-693-4509 x3  
**ECO**, 11/21, 1:30-3:30 pm  
 508-627-4368  
**UICOA**, 11/20, 9 am  
 508-693-2896

**Insurance, Legal, Social Security**

**Health Insurance Counseling and Medicaid & MassHealth Info**  
**S.H.I.N.E.**  
**ECO**, Call 508-627-4368 for an apt.  
**OBCOA**, Call 508-693-4509, x 3 for apt  
**TCOA**, Call 508-696-4205 for an apt.  
**UICOA**, Call 508-693-2896 for an apt.  
 Wampanoag Tribal Council, 508-645-9265  
**Vineyard Health Care**

**Access Program**, 508-696-0020  
**Elder Law Project:**  
**South Coastal Counties Legal Services (Cape & Islands)**  
 Tom Kosman, Elder Law Attorney  
 11/6, TCOA.  
 Appointments starting at 9:30am  
 Call 508-775-7020 OR  
 1-800-742-4107 for an appointment  
**Free Legal Clinic**

11/8, UICOA. Elder Law Attorney Patty MelloSpace limited (Medicaid planning, estate planning, asset protection, wills)  
 Call 508-477-0267 for an appointment.  
**Social Security Video Display Program**  
 11/27, 9:00 am-12 pm  
 Meet with a Social Security Rep via SKYPE in a private office at OBCOA

Call 508-693-4509 in advance for an appointment.  
**Social Security**  
 Falmouth office, 855-881-0212  
**Veteran's Services, ECO**  
 11/3, 10:30 am.  
 Call 508-627-4368 for an appointment  
**Funeral Consumers Alliance**  
 1-802-865-8300, Information on end of life alternatives

**Food Services, Transport & Housing**

**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.  
 \$35 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 (Cape Cod medical appointments)**  
 Call 508-939-9440  
**Housing and Living Options:**  
**Island Elderly Housing**, 508-693-5880  
 Subsidized housing for seniors

& disabled.  
**Windemere Nursing & Rehab**, 508-696-6465.  
 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)**  
 Referrals, Transportation &

Assistance. With independent living. Info & to join call 508-693-3038, vineyardvillage@gmail.com  
**MV Center for Living Supportive Day Program**  
 Eileen Murphy, 508-627-0207  
 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

**Support Groups & Counseling**

**CORE**  
 Counseling, Outreach and Referral for the Elderly. Call the Outreach Worker at the Council on Aging in your town or Lindsay Famariss at MVCS Island Counseling Center, 508-693-7900  
**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 Ganapol, Facilitator, 914-318-1477 (mobile)  
**Diabetes Support Group**  
 11/20, 1 pm, TCOA

Speaker: Elizabeth Sanderman, RN  
 Call 508-696-4205 for information  
**Vineyard Isle Parkinsonians Support Group**  
 11/13, 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**  
 Wednesdays, 9:30 am & 11 am  
 Featherstone Center for the Arts  
 Call Victoria Haeselbarth, 508-627-4368 x15  
**Memory Café**  
 Every Thurs, 10 am  
 American Legion Hall, VH

Music, conversation, laughter, companionship. Light refreshments.  
 Drop in. Free of charge. Call Leslie Clapp 508-939-9440 or Nancy Langman 508-498-1948 for info  
**Dementia Caregiver Support Group**  
 Second & Fourth Fridays, 9:15 am – 10:45 am.  
 Tisbury Senior Center  
 Call Leslie Clapp 508-939-9440  
**Caregiver Support Group**  
 First & third Thursdays, 10:30 am  
 MVCS Island Counseling Center  
 Call Allison McKinley 508-693-7900 x217  
**Grandparents Raising Grandchildren Group**

MVCS Family Center, 35 Greenwood Ave, VH  
 Second Saturday of the month, 10-11:30  
 Information, coffee & discussion.  
 Call 508-687-9281 to pre-register for childcare.  
**Cancer Support Group**  
 Wednesdays, 12:00,  
 Hebrew Center, Vineyard Haven  
**Veterans Group**  
 Weekly support group. Discuss challenges of reintegrating after the war experience. MVCS Island Counseling Center. Contact Tom Bennett for info and group times at 508-693-7900 x. 211

**Vineyard Audiology is hear to help, year round.**  
 Offering Expertise with Integrity  
 508-696-4600  
 20 Indian Hill Rd, West Tisbury  
 vineyardaudiology.com

Family-owned & Operated  
**VINEYARD SCRIPTS**  
 508-693-7979  
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 MON-FRI 9-6, SAT 9-3  
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- Blood Pressure Screening
- Administering most adult vaccinations, including pneumonia & shingles
- Sick Room Supplies
- Personal Consultations
- Prescription Drug Disposal Program

# Island-Wide Activities Calendar

## Exercise & Fitness

**Yoga for Seniors**, UICOA

\$10 per class  
Martha Abbot  
Mon & Fri, 10:30 – 11:30 am  
Kanta Lipsky  
Wed. 10:30 -11:30 am

**Yoga w/ Carol Aranzabe**, ECOA  
Thurs. 8:30 am.

**Wisdom Healing Qigong**, UICOA  
Mon, 5 pm. Free.

Allison Parry, Instructor  
Cultivate source energy, awaken consciousness, activate healing, and restore mind/body balance. For info call or text 508-397-1743.

**Morning Yoga**, TCOA

Tues, 11-12 am. \$8  
Virginia Iverson, instructor  
Chair or bring your own mat  
Register at 508-696-4205

**Kundalini Yoga Breathe Meditation**, TCOA

Tues, 11 am.  
Steve Power, guide. \$4. New and practiced welcome, bring a mat or blanket.

**Kundalini Yoga**, TCOA

Wed, 4-5:15 pm  
Steve Power, guide, \$10  
Bring mat or thick towel

**Gentle Yoga w/Carol Vega Stretch, Strengthen, Breathe, Balance**

Thursdays, 4:15 pm  
Bring your mat.  
Register/Info: 508-939-4120

**Tai Chi with Nan Doty**, ECOA

Thurs, 10-11 am, with tea following.  
Call Wendy for details, 508-627-4368.

**Got Strength? Strength Training with Lisa Amols**, ECOA

Tues 8:30 am & Thurs 3:30-4:30 pm  
Be strong, flexible, fit, and happy! Call Lisa, 508-693-1009 before first class. Punch cards available. Join anytime.

**Balletics**, UICOA

Wed & Fri, 8:15-9:15 am  
With Karen Cullinan, 508-693-7730  
\$12 per class. Call instructor for further information.

**Dancing and Movement**, OBCOA

Fri, 1-2:30 pm.

A great way to exercise, improve mobility and balance and have fun!

**Dance FREE!** UICOA

Tues, 3-4. No money, no teacher, no instructions. Dance to catchy, funky, rhythmic music. Call 508-693-2896

**Strength Training UICOA**, \$8

With Katryn Gilbert (First class is free)  
Mon & Wed, 5:30 pm  
Tues & Thurs, 8:30 & 9:30  
Saturdays, 9:00 am.  
Call 508-693-2896

**Sit & Get Fit**, TCOA

Award winning video, easy-brisk  
Call 508-696-4205 to schedule a time.

**OB Exercise Classes**, OBCOA

Mon., 8:45 am Group Exercise  
Thurs., 9 am w/ Bill White  
Fri., 8:30 am w/ Floyd

**Walking Club**, OBCOA

Tues, 10-11:30 am  
Free. Meet at OBCOA (weather permitting)

**Bowling at Bowl, Barn & Bistro**,

TCOA & ECOA

11/6, 11:30-1:30. \$10. FUN!  
1 hr bowling gourmet & gourmet lunch  
Call to register by 11/3.  
TCOA 508-696-4205  
ECOA 508-627-4368

**Aquatic Exercise Class**

**Mansion House Pool**

Call Mansion House for info.  
508-693-7400

**YMCA Senior Fitness Classes**

Free with Y membership or daily use fee.  
Go to [www.ymcamv.org](http://www.ymcamv.org) for info and program guide.

**Rising Tide Therapeutic**

**Equestrian Center**

Participate in facilitated interactions with our 4 legged friends.  
Call 508-693-1185 for info.

**MELT Method Classes**, UICOA

Tues. 11/14 at 1:30, 11/21 & 28, at 1pm. \$15  
Instructor: Valerie Sonnenthal  
See UICOA Highlights for details.  
Space limited. Call 508-693-2896

## Ideas, Books, & Plays

**Coffee & Conversation**

M-F, 8:30 am, OBCOA

**Discussion Group**, UICOA

Tues., 9:30 am  
Open discussion, all welcome.  
Call 508-693-2896 for information.

**Conversations with Bob Iadicicco**, OBCOA

Fri., 10-11:30 am

**Friday Morning Conversations**, ECOA

11/3 & 11/17, 10 am  
Refreshments.

**Lunch & Conversation**, TCOA

M-F, 12:00

Call for reservation/48 hr. in advance  
508-693-8337 (TCOA kitchen)

**Peter H. Luce Play Readers Society**, TCOA

Wed, 9-12 noon  
Arnie Reisman, Producer  
November Theme:  
"Conflict Resolution"  
11/1 "Inherit the Wind"  
by Jerome Lawrence and Robert Lee.  
Directed by Judy Miller.  
11/8 "The Hound and the Fox"  
by Tony Kahn.  
Directed by Arnie Reisman  
11/15 "Face to Face"  
by David Williamson.

Directed by Connie McCreery  
11/29 "Witness for the Prosecution"  
by Agatha Christie.

Directed by Kathy Hochberg.  
Discussion follows and Listeners welcome.  
Call 508-696-4205 for info.

**Poetry Group**

11/6, 10 am  
Facilitator: Myra Stark  
Featured poet: Ann Carson

**Poetry, Jill Jupen**, ECOA

Thurs., 9:30 am

**Tisbury Book Club**

Books available at the VH library.  
Call 508-696-4205 for information.

**Book Discussion Group**

Edgartown Public Library, Call Lisa,  
508-627-4221 for information.

**ECOA Book Group for Women & Men**

11/22, 3pm, with Jill Jupen  
November book TBA. Refreshments.  
Call 508-627-4368.

**Howes House Writing Group**, UICOA

Tues, 11:00 am – 1:00 pm.  
All levels welcome! Bring lunch.

**Ukulele Players**, TCOA

Weds, 1-3 pm  
Martha Child, instructor  
All levels welcome.

## Arts & Crafts

**Watercolor Painting with Nancy Cabot**, UICOA

Fri, 1 pm. Beginners welcome!

**Creative Coloring Book**, TCOA

Thurs, 9-11 am  
Supplies provided

**Creative Painting 101!** TCOA

Bruce Kissell, instructor.

Beginning in January.  
Call 508-696-4205 for details

**Woodarving**, OBCOA

Mon. & Thurs., 9 am

**Needlework**, ECOA, Thurs 2-4 pm

**Mindful Knitting**, ECOA Mon, 3:30-5:30 pm. Call 508-627-4368

Not an instructional group

**Knitting w/ Nancy Merjos**, OBCOA

Thurs, 1:00 pm  
Call 508-693-4509

**Knitting for Hospice**, ECOA

Tues., 10 am. Learn to knit and felt

**Purl Jam**, TCOA

Knitting and Conversation

Mon, 9:30-11:30 am

**Unfinished Forgotten Objects**, OBCOA

Fri, 1-2:30 pm  
Bring projects you've been putting off to finish on your own or with the group!  
Call 508-693-4509

## Cards & Games

**Mah Jong**

ECOA, Tues & Fri, 1 pm  
UICOA, Wed 1 pm & Thurs 1:30 pm  
OBCOA, Mon. 1 pm

**Scrabble**, OBCOA

Fri. 9 am

**Cribbage**, OBCOA

Fri, 9 am

**Men's Cards**, OBCOA

Wed., 9 am

**Hand & Foot Card Games**, OBCOA

Mon - Fri, 9 am

**Ladies Cards**, OBCOA

Tues., 1 pm

**Rummy**, OBCOA

Tues & Thurs, 1 pm

**Ladies Bridge**, OBCOA

Tues., 9:30 -11:30

**Board Games**, TCOA

Chess, Scrabble, Checkers?  
What's your game?

Wed/afternoons, Fri/mornings

Call to join a group. 508-696-4205

**Party Bridge**, TCOA

Fri, 1-4 pm  
Call Trudy for seating: 508-627-6719

**Duplicate Bridge**, TCOA

Mondays, 1:15-5:00 pm  
Call Gayle for info: 508-627-5476

**Duplicate Bridge for Beginners, with Dan Cabot**, UICOA

Fri, 1:30-3:30 pm  
No fee. Attendees purchase course notes

(\$10) to cover printing.  
Class limited to 8. Pre-registration required.

For info email Cathy Minkiewicz,  
[cminkiewicz@verison.net](mailto:cminkiewicz@verison.net)

**Non-Sanctioned Duplicate Bridge**

Thurs.12-3. Contact Carol at [fligors@comcast.net](mailto:fligors@comcast.net) for seating or call 508-627-4722.

**Bingo**, OBCOA

Wed., 11/8, 1-3 pm & 6-8 pm

## Martha's Vineyard Partnership for Health (MVPH) *My Life, My Health – Become a Health-Self-Manager.*

10/18 – 11/22, 3:00 – 5:30 pm.  
Preregistration is required.

If you have a chronic health condition, or are a caregiver for someone who has a chronic health condition such as arthritis, heart

disease, cancer, high blood pressure, asthma, depression, or pain you will become empowered by participating in this series. My Life, My Health is proven program designed to give participants the knowledge and skills needed to take a more active role in their own health

or that of the people they're caring for.

To register or for more information call 508-627-5797 x114 or email [infoMVPH@ihimv.org](mailto:infoMVPH@ihimv.org).

The MV Partnership for Health has funding from MA Executive Office of Elder Affairs

and the Federal Administration for Community Living to offer this FREE 6-session series.

If you are reading this on-line, please visit: MV Partnership for Health: Becoming a Health Self-Manager, MVTV on-demand, May 12, 2017.

# !NOTEWORTHY

## “I Still Live”

### The Life and Times of Daniel Webster, 1782-1852

11/9, 2:30 pm, TCOA  
Ned Sternick, presenter  
Daniel Webster was one of the most influential public figures in the first half of the 19th century. Prominent lawyer, powerful orator, political icon, international statesman, and acknowledged “Defender of the Constitution” during the highly critical pre-Civil War period. Webster also had a personal connection with Martha’s Vineyard. Ned Sternick, TCOA Board member and MV Museum docent, will present illustrated slides, sharing his extensive study of the life and impact of Massachusetts Senator and U.S. Secretary of State Webster.

### Fall Prevention Bingo

11/14, 1:30-2:30,  
UICOA – 508-693-2896  
11/28, 12:15-1:30,  
ECO – 508-627-4368  
Learn about preventing falls while playing bingo! Win a prize! With Public Health Nurse, Liz Sanderman. Call ahead.

### MV Museum Presents: Local Immigrants, Now and Then

11/20, 1:30 pm, UICOA  
MV Museum docents present photographer Milena Lowe’s “Local Immigrants” photo project. Profiles of immigrants on the Island from all over the world, placing them in iconic Island locations, in traditional dress and learning about their experiences here. Explore the stories of immigrants who came here many generations back. How did you get to the Island? What’s your story? Call to sign up, 508-693-2896

### Felix Neck and MA Audubon Present: Animals Preparing for Winter

11/27, 2 pm, UICOA  
Learn how mammals, reptiles, and birds of MV prepare for winter. With Educational Director, Josey Kirkland. Call 508-693-2896 to register. Sponsored by the Friends of UICOA.

### Legal Choices

11/28, 5:30 pm, TCOA  
Arthur Bergeron, Atty.  
You have a health care proxy. Do you have a health care plan for how you want to be treated if you are sick? Atty Bergeron and a guest medical practitioner will discuss medical emergencies you may face and decisions to make ahead of time. Free. Call to reserve a seat: 508-696-4205.

**Don’t forget to check the Service Programs & Support Group Directory, Calendar of Activities, and the Travel News column for more listings. Call in advance for program information and reservations. ...and remember that your Senior Centers are open to anyone, regardless of residence.**

## Edgartown Highlights - 508-627-4368

Paul Mohair, Administrator  
Hours: 9 am-4 pm

Please call to sign up for all programs.

See our newsletter at [www.edgartowncoa.com](http://www.edgartowncoa.com) for more information.

### Lunches Noon

\$2 Tuesday- Sandwich, soup, dessert  
\$5 Friday- Entree, soup, dessert

### Visit with Fire Chief Shemeth

11/3, Come to lunch and say hello to the Edgartown Fire Chief Peter Shemeth. Eastern Standard Time is the time to inspect your smoke detector. Chief Shemeth will explain the importance of your smoke detectors working properly.

### Edgartown Bowlers for November

11/6, Join to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, \$10.

### SHINE Appointments with Bill Glazier

Call for appointments

### On Display in November

Photographs by Ernie Dewing. Preview his exhibit and work on his website at: [1-ernie-dewing.artistwebsites.com](http://1-ernie-dewing.artistwebsites.com)

### Non-Sanctioned Duplicate Bridge

Thurs, 12-3.  
Contact Carol by email for seating at [fligors@comcast.net](mailto:fligors@comcast.net), or call 508-627-4722.

### Friday Morning Conversation Group

11/3 and 11/17, 10 am. Refreshments.

### Fall Prevention Bingo with Liz Sanderman

11/28, 12:15-1:30 pm  
Learn about Fall Prevention while playing Bingo with VNA Public Health Nurse Liz. Prizes!  
ECO Book Group for Women and Men

11/22, 3 pm  
Led by Jill Jupen. November’s book TBA. Refreshments.

### File of Life Cards Available at Anchors

Ask at the desk for wallet sized and refrigerator magnets.

### Got Strength? Strength Training Class with Lisa Amols

Tues, 8:30 am, and Thurs, 3:30-4:30 pm.  
Call Lisa at 508-693-1009 before first class. Punch cards available, join anytime. Talk to Lisa about walk-in pricing. Visit her website at [www.lisasstudiomv.com](http://www.lisasstudiomv.com).

### Yoga with Carol Aranzabe

Thurs, 8:30 am.

### Tai Chi with Nan Doty

Thurs, 10-11, tea following, \$10.

## Oak Bluffs Highlights - 508-693-4509

Rose Cogliano, Director  
Hours: 8:30 am-4 pm

### Threshold Choir

11/6 & 11/20, 1:00 pm  
No experience needed.  
Just the desire to sing!

### Men’s & Ladies Luncheon

11/1, 12:00 noon.  
Call Rose to make a reservation.

### Hearing Clinic

11/14, 11 am. Please call  
Rose to schedule an appointment.

### Coffee with the Chief

11/17, 10 am  
Come for conversations and coffee with Oak Bluffs Police Chief Erik Blake.

### Board of Directors Meeting

11/16, 2:00 pm

### Animal Companions

11/13 & 11/27, 1:00 pm

### Friends of the Oak Bluffs Council on Aging

11/9, 1:30 pm  
Be a part of Team OB! See Travel News for details on the Friends of the OBCOA trip to the North End! Call now! Only 30 spots available, so don’t wait!

### NEW! Chair Yoga with Kat

Thurs, 10:30 - 11:30 am. \$5 per class  
Kat has years of experience in exercise and yoga. Join in the fun and feel great!

### NEW! OBCOA Walking Club

Tues (weather permitting) 10:00 – 11:30 am  
Led by Sandy Blythe & Lloyd Henke. Meet

at OBCOA and walk to various locations around town, end at the OBCOA by 11:30 am. Bring a bottle of water and wear comfortable shoes!

### SHINE- Representative Jim Butterick

11/28, 12:30 pm. Call Rose to schedule your appointment.

The OB Senior Center will be closed on Friday, Nov 10 in observance of Veterans Day and Thurs. Nov 23 & Fri Nov 24 for the Thanksgiving Holiday.

Please remember things may change after we go to print, so be sure to read Megan Alley’s Oak Bluffs column in the Calendar section each week for updates and additional information!

## Tisbury Highlights - 508-696-4205

Joyce Stiles-Tucker, Director  
Hours: 8:30 am-4:30 pm

### Memoirs of an Arabian Princess from Zanzibar

11/2, 2 pm. • Rita Parisi, SAG actress, presenter  
Return to an era when Zanzibar was ruled by sultans and enter a vanished world of harems, slave trading and court intrigues. In this is one woman theatrical presentation “meet” the former princess and learn about her life from childhood to being a young widow with small children. Free.

### NEW! Strong and Steady Exercise

11/6, 10 am. • Kat LeBlanc, instructor  
Combining Yoga for balance, flexibility and strength; Meditation/Mindfulness for stress

and relaxation; Dancing for movement and stamina; Fun and Music! 1 hour, \$5.

### “I Still Live” A Journey through the Life and Times of Daniel Webster, 1782-1852

11/9, 2:30 pm. • Ned Sternick, presenter  
Daniel Webster, one of the most influential public figures in the first half of the 19th century also had a personal connection to Martha’s Vineyard. Ned Sternick, member of the TCOA Board of Directors and MV Museum docent, will present illustrated slides sharing his extensive study of the life and lasting historical impacts of Massachusetts Senator and U.S. Secretary of State Webster.

### Legal Choices

11/28, 5:30 pm. • Arthur Bergeron, Atty.  
You may have a health care proxy, but do you have a health care plan for how you want to be treated if you are sick? Presented by Atty Bergeron and a guest medical practitioner. Free. Please call to reserve a seat.

### Halloween Party!

10/31, 3 pm  
Scary movie, popcorn, cider, cake. Free for Friends of TCOA members, \$4 non-members (become a TCOA Friend for \$5 and enjoy all events for a year!)

## Up-Island Highlights - 508-693-2896

Joyce Albertine, Director  
Hours: 8:30 am - 4:00 pm

### Free Reiki Clinic

11/14, 11am - 1pm. 2nd Tuesday of every month. Call for appointment.

Reiki is an ancient light-touch therapy that restores balance for physical, mental, emotional, and spiritual healing. It is known to release fatigue, stress and pain while strengthening the immune system. It is a safe, natural and non-invasive and is helpful for relaxation, revitalization, injuries and chronic pain.

### DANCE FREE

Tuesdays, 3-4. No money, no teacher, no instructions. All fun to catchy, funky, rhythmic music.

### Howes House Writing Group

Every Tuesday, 11:15-1:15. All levels welcome! Bring lunch.

### Vineyard Isle Parkinsonians Support Group

10/16, 10:30 am. Call Ellen for details

### Parkinson’s Caregiver Support Group

Call Ellen for info.

### MELT Method Classes with Valerie Sonnenthal

Tuesdays, 11/14 at 1:30pm. 11/21 & 11/28 at 1:00pm. \$15. Space limited. Pre-registration required.

Learn simple daily self-care techniques to reducing inflammation, ease chronic neck and low back strain, improve structural alignment, and learn how to keep your whole body feeling better at any age. Use soft foam rollers and small MELT hand and foot balls to rehydrate connective

tissue. Feel free to bring your own mat. Rollers and balls provided. Bring water and wear comfortable clothes.

### Outreach Services

Ellen Reynolds is available to meet about community resources Mon.- Fri. 9a.m. -3 p.m. The COA has medical equipment they may loan, notary services, and can assist you with filling out a File of Life card all free of charge. Joyce Bowker is the UICOA SHINE Counselor and is available to assist with health insurance questions.

### Felix Neck and MA Audubon Society Presents: Animals Preparing for Winter

11/27, 2pm.  
See Noteworthy for details.