Memorial Day Parade and Ceremony

On Monday, May 30th, members of American Legion Post 257 in Vineyard Haven, American Legion Post 186 in Edgartown and Veterans of Foreign Wars Post 9261 in Oak Bluffs will join together to honor those who made the ultimate sacrifice. The parade will step off at 10 am from American Legion Post 257 on Martin Road, Vineyard Haven and proceed to the Avenue of Flags in Oak Grove Cemetery. At the Avenue of Flags, 450 flags are put up at 7:30 am and taken down at 3 pm, weather permitting. Volunteers are always welcome to help to assist.

This year our guest speaker is Senior Chief Robert J. Riemer. Officer in Charge, Coast Guard Station Menemsha. He entered the Coast Guard in 1991 and had many allot assignments from Woods Hole to Kodiak, Alaska. He served as Officer in Charge of CG Station Elizabeth City from July 2011 to June 2014 and was as signed as Officer in Charge of CG Station Menemsha in June 2014.

The Ladies Auxiliary from Post 257 will be selling poppies at locations in Vineyard Haven during Memorial Day weekend and at the parade. At 3 pm please pause for the National Moment of Remembrance to Honor America’s fallen and recognize their sacrifice.

Bivouac of the Dead
The muffled drum’s sad roll has beat
The soldier’s last tattoo;
No more on life’s parade shall meet
That brave and fallen few.
On fame’s eternal camping ground
Their silent tents to spread,
And glory guards, with solemn round
The bivouac of the Dead.

By Theodora O’Hara
Edgartown Highlights - 508-627-4368

Please call to sign up for all programs.

Read our newsletter on www.edgartown.coa.com for more information.

Lunches Noon
$2 Tuesday: Sandwich, soup, dessert
$5 Friday: Entree, soup, dessert

Bowlers!
5/2 Join our team to challenge TCOA at the barn Bowl & Bistro. 11:30-1:30.
Fun Lunch, dessert included, $10. Call 508-627-4368 to sign up.

Friday Morning Conversation Group
ECOA, 5/6 and 5/20. 10 am
The 6th led by Glenn Carpenter, topic, “Touring the Island.” Refreshments.

Movie Day
5/13, 11:35 pm. “The Lady in the Van” with Maggie Smith and Alex Jennings. The true story of the relationship between Alan Bennett and the singular Miss Shepherd, a woman of uncertain origins who “temporarily” parked her van in Bennett’s London driveway and proceeded to live there for 15 years. Please call 508-627-4368 to sign up.

New Stretch Class with Ray Whittaker
Fridays, 9:45 am. $10. Join us for introductory basic stretching.

How to Organize Your Home
5/17, 12:45 pm, following lunch. Free presentation on how to organize your home with professional organizer, Paula Martin. Paula provides you with a simple plan and process to downsize, create space, reorganize, stay organized, and bring balance and harmony into your home, your mind, and your life. Call to sign up. 508-627-4368.

NEW Women’s Book Group
5/25, 3-4 pm. 4th Wednesday of every month, led by Jill Jupen. May’s book TBA. Please call Wendy to express interest and be on the email list. 508-627-4368.

On Display in May
Vineyard Colors Moira Fitzgerald and Yann Meersseman share their photos. Visit www.vineyardcolors.com

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.

Oak Bluffs Highlights - 508-693-4509

Please call to sign up for all programs.

Friends of OBCOA meeting
Next meeting 5/12, 1:30 pm
Become part of the OBC team!

ORCOA Board of Directors
5/19, 3 pm

Social Security / W-2 TYPE Appointments
5/23, 9:00-12:45 pm
Call for an appointment.

S.H.I.N.E.
“Serving Health Information Needs of Elders”
5/24, call for an appointment 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
5/4, 12:00 noon.
Welcome Karen Kukulich from Healthy Aging MV to tell us about the “First Stop” website.

Conversations
5/6, 11 am
Melissa Vincent of TBI will be here for a presentation and discussion of this wonderful home repair and child care program.

Coffee and Computers
5/11, 10:30 am
with Allison Malik. Call for info and to sign up!

Threshold Choir
5/2 & 5/15, 1 pm.
With Cheryl Burn. No experience required, just the desire to sing and learn!

Bingo!
5/18, 1-3 pm AND 6-8 pm

Tisbury Highlights - 508-696-4205

Please call to sign up for all programs.

Mark Your Calendar!
Tisbury Senior Center’s 25th Anniversary
Sunday, May 8, 2-4 pm
Join us to celebrate 25 years of service and building relationships and community here at the Tisbury Senior Center. We’re having a party! Whether you have stopped by for special events; participate in weekly classes; enjoy the daily luncheon; travel with the Tisbury Travel Club; are a neighbor; drive by and wonder what’s going on”; have never been in but like the idea of our town’s community center; we hope you will join us! Dedication of a commemorative garden, Refreshments, Displays, Michael Haydn, piano. Welcome!

Be a Friend!
Friends of the TCOA are planning for the 25th Anniversary Celebration! Join the call if you would like to help. It will be fun. The TCOA friends need more friends! 508-693-5349.

New Painting Class!
Bruce Kissell, instructor
5/2, 10 am
Even if you don’t think you are an artist, this class is for you! Learn to load the brush with rich color and how to apply it on a paper or on a canvass. The finished piece will depend on how you decide to apply the paint.

Up-Island Highlights - 508-693-2896

Please call to sign up for all programs.

Vineyard Isle
5/9, 10:30 am

“Using Word Collages to Inspire Your Writing”
Tuesday Writers Group. 10 am.
See Noteworthy for details and call to register.

Sound Healing with Valerie Sonnenthal
5/16 & 5/27, 10 am-2 pm
A good massage can do wonders for your mind and body and chair massage is readily available and convenient. Massage has been proven to increase circulation, decrease tension, increase range of motion, improve flexibility, and much more. Promotional discount $1 per minute. 15, 30, 45, and 60 minutes sessions. Call for an appointment.

Martha’s Vineyard Museum: “Gale Huntington: the Man, the Music, the Fiddler”
5/16, 1-2:30 pm
See Noteworthy for details and call to register.

How to Organize Your Home
May 28, 2016
55

Yarn and Fabric Extravaganza!
June 4, 9 am to 1 pm
Sponsored by the Oak Bluffs Public Library and OBCOA.
We are looking for donations of yarn, fabric, craft books, knitting, crochet, sewing, needlework kits, quilting supplies, needles for sewing and knitting, crochet hooks, thread, patterns etc. in good condition for the program. This is a chance to empty out your closet of crafts items that you no longer use, and pick up new things that interest you.


“Pin Pals” Let’s Bowl!
5/2, 11:30-1:30
TCOA and ECOA town residents face off for another FUN round of bowling. Join the Pin Pals bowling teams for an hour of bowling at the Barn, Bowl & Bistro followed by lunch and dessert.

Bowl skating experience is not required!

Bowling & Lunch $10.00
Stop by and see what’s posted on our activities board! Ongoing groups, classes and activities are also listed in the Calendar and Service & Support sections.

Up-Island Higlights - 508-693-2896

Please call to sign up for all programs.

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Paul Mohair, Administrator
Hours: 8 am-4 pm

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

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

Joyce Bowker, Director, Fac 508 693 1447
Hours: 8 am-4 pm

May 28, 2016 MVTimes
Yoga for Seniors UICOA
Martha Abbot
Mon, 11:15 am, 10:30 am
Kanta Lipdy, Wed. 10:30. $10 per class
Yoga ECOA with Carol Aranazbe
Thurs., 8:30 am. $18/8 weeks. Drop in $15
Primordial Qigong (or wuji) and Tai Chi, ECOA With Nan Doty
Thurs, 10-11 am (2 wk session)
An 800 yr. old practice: Wuji is an easy to learn 15 min form; a joyful and empowering experience.
Wiseom Healing Qigong, UICOA
Allison Parry, Instructor. Mondays, 5 pm
Cultivate source energy, awaken consciousness, activate healing, restore mind/ body balance. For info call or text 508-397-1743.
Gentle Yoga/Kripalu TCOA
Stretch, Strengthen, Breathe, Balance.
Thurs, 4-5:15 pm
Info/Register. 508-930-1337
Chi Gong and Tai Chi, TCOA
Situ Daisy Taylor Lifton, Instructor
Thurs, 9:30-10 am beginning in June
Call to register. 508-696-4205
Chair Yoga, TCOA
Real yoga with support Virginia Iverson, instructor
Tuesdays, 10-11 am
Register/Info 508-696-4205
Qui Gong, UICOA
Mon. 4 pm. Free. With Allison Parry
Gentle Pilates UICOA
Mon. 10 am. Toni Cohen, Instructor.
$10 per class.
Get Strength? Strength Training Class with Lisa Amols
Tuesdays, 8:30 am; Thursdays, 3:30 pm
Strong, strong, fit, and happy!
Stretch Class with Ray Whitaker ECOA
Fridays, 9-9:45 am, $10, bring mat.
Introductory basic stretching.
Call 508-627-4366.
Chair Power with Ray Whitaker TCOA
Tues. Starting May 2, 10 am. 40 minute low impact exercise class with emphasis on flexibility, strength building, balance and body mechanics.
Balletics UICOA
Wed & Fri. 8:15-9:15 am
With Karen Callinan, 508-693-7730
$12 per class. Call instructor for further information.
Dancing and Movement, OBCOA
Fridays, 1.00pm-2.30pm.
A great way to exercise, improve mobility and balance and have fun!
Dance FREE! UICOA
Tuesdays. 3-4. No money, no teacher, no instructions. Dance to catchy, funky, rhythmic music. Call 508-693-2896.
Strength Training, UICOA
$10 First class is free With Katrina Yenlon
Mon. & Wed. 5:30 pm
Tues & Thurs. 8:30 & 9:30 am
Saturdays, 9:00 am Call 508-693-2896.
Chair Power with Ray Whitaker, TCOA
Starting May 2. 10 am. 40 minute low impact class with emphasis on flexibility, strength building, balance and body mechanics.
Balance of Power, TCOA
Ray Whitaker, instructor.
3rd Mon monthly. 9-10 am
Strength training, balance $10/class
Sit & Get Fit, TCOA
Mon., Thurs. 10-11 am. 1 hr award winning video, easy brisk.
Lunch & Wii Bowling, TCOA
Call for details and reservations, 508-693-8337.
Pin Pals Bowling
5/2. 1:30-2:30 pm
Tisbury and Edgartown bowling teams face off at the Barn Bowl & Bistro.
All for fun! Bowl, lunch and dessert included. $10.
Call TCCA 508-696-4205 or ECOA 508-627-4366.
Exercise Classes, OB COA
Mon., 8:45 am Group Exercise
Thurs., 9 am w/ Billie White
Aquatic Exercise Class
Mansion House Pool
Call Mansion House for info. 508-693-7400
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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Health Promotion

Insurance, Legal, Social Security

Food Services, Transport & Housing

Support Groups & Counseling

Service Programs and Support Group Directory

Health Promotion

Adult Health Promotion & Blood Pressure Clinics:
Aquinnah Town Hall 5/24, 2-3
Chilmark Library 5/18, 12:30-1:30
Edg Stop & Shop Pharmacy 5/4, 12-2
Edg Town Hall 5/11, 9-11
Edg COA, 5/19, 10:30
Oak Bluffs COA, 5/3 & 5/26, 12-30
Tisbury COA 5/3, 10-11;

Up-Island COA 5/10, 11:30-1:00
Cronig’s 5/12, 13
Hillside Village 5/4, 10-11
Woodside Village, 5/23, 12-1
Woodside Village 15/23, 1-15:2-15

Public Health Nurse Clinics:
Call your Council on Aging for information
TOCA, 5/12, 9:30-11:30
UICOA, 5/25, 1:3 pm
Vineyard Scripts, Beach Rd. VH

Have your blood pressure checked any day, any time.

Hearing Services:
Call in advance for an appointment.
ORCOA:
5/10, Call Rose, 508-693-4509
x3 for apt
UICOA: Vineyard3rd Audiology
Screenings & Repairs
Call 508-457-9285 for appointment
TOCA: Miracle Ear
Call 508-457-9285 to speak to

Podiatry & Foot Care:
Pedi-Care w/Michelle LeBlanc, RN
Call for an appointment: ½ hour
appoints, $30
ORCOA: 5/11, 9 am
Call 508-693-4509
x3
TOCA: 5/17, 1:30-3:30 pm
Call 508-627-4168
UICOA, 5/23, 9 am
508-693-2896

Assistance:
With independent living info & to join call 508-693-3038,
E-mail: vineyardvillage@geo.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

MV Family Center,
35 Greenwood Ave.
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

Powerful Tools for Caregivers
Are you caring for someone else? Don’t forget to take care of you!
Free series of six ‘self-care education’ sessions designed to help family
caregivers handle the unique challenges of care-giving.
Mondays May 9 – June 20, 2016 • 6:00-8:30 pm
(no session on Memorial Day)
Windemere Nursing and Rehabilitation Center
Pre-registration required.
Contact Mary Holmes, 1-508-560-6012 or
PowerfulToolsMV2016@gmail.com
This program has been generously funded by grants from
Elder Services of Cape Cod and the Islands & the Farm Neck Foundation

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• 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

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