TRAVEL News

Annual ECOA North End Trip June 3, 8:15 boat; $40 for round-trip bus; purchase your own ferry ticket; eat on your own at your choice of restaurants in the North End. Return on 6:15 boat. Call 508-627-4368.

ECOA Cape Cod Canal Trip July 13, 8:15 boat; cruise from 10-1 with Hyline Cruises. Call 508-627-4368 for details, pricing and to sign up.

ECOA Charles River Cruise and Cheesecake Factory Trip with Falmouth Council on Aging Sept. 7, 8:15 boat; $75 includes bus, cruise, lunchroom, and all gratuities. Purchase your own ferry ticket. Call 508-627-4368 to sign up.

Historic Cape Cod, TCOA Sept. 10, 8:15-3:45 boats. $54 Gentle Walking Tour of Historic Sandwich Sept. 10, 8:15 boat; $54 includes bus, lunchroom, and all gratuities. Purchase your own ferry ticket. Call 508-627-4368 to sign up.

Falmouth Shopping Trips Will resume in September! BSO Fall A Subscriber Trips Current Subscribers: Renew by June 1st! Enjoy the world’s finest music at beautiful Symphony Hall. The travel club makes all the arrangements. No driving or parking hassles, our professional drivers provide a comfortable ride in a new luxury motor coach to and from Boston. This year’s concerts feature Christianne Stojin, mezzo-soprano; Camilla Tilling, soprano; Thomas Hampson, baritone; Mark Stone, baritone; Menahem Pressler, piano; Yo-Yo Ma, cello; Terry Riley, At the Royal Majestic for organ & orchestra, Cameron Carpen- ter on organ, and much more. Call Sandy: 508-696-4205/TCOA.

VETERANS SERVICES

The Flag Code, which formalizes and uni- fies the traditional ways in which we give respect to the flag, also contains specific in- structions on how the flag is not to be used. The flag should never be used as a drapery, or for covering a speaker’s desk, draping a platform, or for any decoration in general. Bunting of blue, white, and red stripes is available for these purposes. The blue stripe of the bunting should be on the top. The flag should never be used for any advertising purpose. It should not be embroidered, printed, or otherwise im- pressed on such articles as cushions, handkerchiefs, napkins, boxes, or any- thing intended to be discarded after tem- porary use. Advertising signs should not be attached to the staff or halyard. The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, fireman, policeman, and members of patriotic organizations. The flag should never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.

When the flag is lowered, no part of it, either on the ground or any other object, should be received by waiting hands and arms. The flag should be folded neatly and ceremoniously for storage. The flag should be cleaned and mended when necessary. When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner. We put new flags on veteran’s graves ev- ery Memorial Day. Over the harsh winter, some flags have been lost. If you do not have a flag on a veteran’s grave, please call the veterans office and let me know.

SHINE News

Medicare’s Free Preventive Services

An important goal for Medicare is to help people stay healthy by encouraging preven- tion. Medicare provides a number of preventive services. Many of these services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of the free services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Depression screening
- Obesity screening and counseling

There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a “Wel- come to Medicare” visit and then Annual Wellness Visits in following years. However, these visits are not the same as an annual physical exam. An- nual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans (HMOs, PPOs). For a complete list of free preventive services, go to www.medicare. gov or see a SHINE counselor.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call your Senior Center to schedule a SHINE appointment.

Announcing New Funding for the Memory and Music Café

MV Center for Living is pleased to announce we have received new funding from the Department of Developmental Services (DDS) to expand the Memory Café. Memory cafes are social clubs, started by people experiencing memory loss who do not want to lose the opportunity for social connections and friendships. With this new funding, we welcome anyone from the community who struggles with memory issues or has a disability to join us for socialization, music, snacks, and information about resources in the community. There is no charge for the café, and you are welcome to attend when you can and come and go as you please.

Join us for music, conversation, laughter, and companionship. Sing along to all the old familiar tunes. Music and singing have been shown to re- duce anxiety and improve mood and outlook. Enjoy games and activities with your peers. Refreshments included! Free of charge.

Thursdays, 10 am to noon • American Legion Hall, Vineyard Haven

For info about the Memory Café and Memory Support Groups: Nancy Langman 508-496-1948 • Leslie Clapp 508-939-9440
Edgartown Highlights - 508-627-4368

Please call to sign up for all programs. Read our newsletter on www.edgartownma.com, for more information.

New Women’s Book Group 6/22, 3:30–4:00 pm, 4th Wednesday of every month, led by Jill Izen. June’s book TBA. Please call Wendy to express interest and be on the email list, 508-627-4368.

On Display in June Watercolors by Helen Blasi and Arylic Paintings by Clara Kisko. We honor Clara at lunch on 6/10, and Helen at lunch, 6/29. Short and A. Bridge Instruction returns with Sari, Fridays, 1:00 pm. Please call to sign up. Welcome back, Sari.

Jim Thomas’ Spiritual Choir Performance 6/14, 12:45 following lunch.

Please call to sign up for all programs.

Morning Coffee and Conversation Daily 8:30 am
Senior Dinner Center Luncheon Tues. & Thurs., 12 pm
UFOs – Unfinished Forgotten Objects Fridays, 1:30–2:30 pm at 508-693-4509, ext. 4.
Men’s and Ladies’ Luncheon 6/1, 12 noon.

Yarn & Fabric Extravaganza June 6, 10 am. Call Rose for an appointment.

Social Security Skype appointments 6/27, 9:30 am–12 noon.

S.H.I.N.E.
-Serving Health Information Needs of Elders
6/6, 12–2 pm
Call for an appointment with Jim Butterick.

New: Express with Color! Bruce Kissell, instructor. 6/6, 10 am

Senior Fitness and Nutrition 6/30, 9–11 am

Improve Balance and Stand Strong 6/30, 9–11 am

Senior Programs:

Our center offers two classes. Virginia Breyone, Chief of Neurosurgery, Beth Israel Deaconess Medical Center, will discuss deep brain stimulation. With Allison Malik 10:30 am

难受 Changes, Weight Management, Increased Strength, and Alleviation of Parkinson’s Symptoms 6/6, 9:30–11 am

Open Dialysis 6/3, 9–11 am.

Chair Massage 6/6, 10 am. Call for an appointment.

Lunches at Noon $5, open-faced sandwich, soup, dessert
5:30 Frisky, soup, dessert
Please note: No lunch Tuesday, 6/21 and Friday, 6/24

Bowlers! 6/6, Join our team to challenge TCOA at the Barn, Bowl and Bistro, 11:30–1:30. Fun! Lunch, dessert included. $10. Call 508-627-4368 to sign up.

Friday Morning Conversation Group ESCA, 6/6 and 6/17, 10 am. Refreshments.

Up Island Highlights - 508-629-2896

Please call to sign up for all programs.

Morning: Express with Color! Bruce Kissell, instructor. 6/6, 10 am
Even if you don’t think you are an artist, this class is for you! Learn ways to load the brush with rich color and how to apply it on a predrawn sketch. The finished picture will depend on how you decide to apply the paint. Hangable-worthy? You will finish your painting in one session, guaranteed. Instruction and materials provided. Free. Maltak provided.

This month’s Feature: YOGA! Why practice yoga? For Stress Relief, Pain Relief, Better Breathing, Flexibility, Increased Strength, Weight Management, Immproved Circulation, Cardiovascular Conditions, and more. Focus on the present. Inner Peace. Our center offers two classes. Virginia Iverson, Tuesdays, 10–11 am, a very gentle workout that allows you to use a chair for support. Carol Aranzabe teaches Kripalu Yoga, focusing on Strength, Stretch, Balance, and Breath. Thursdays, 4–5:15 pm.

“Pin Pals” – Let’s Bowl! 6/6, 11:30–1:30 TCOA and ESCA town residents face off for another FUN round of bowling. Join for an hour of bowling at the Barn, Bowl and Bistro, followed by lunch and dessert, 1:10. To join the Tisbury team, call 508-696-4205 by 6/3. Howes House Annual Art Show Friday, 6/24, 12-4 pm and Saturday, 6/25, 9-2 pm View the works of the members of the Friday painting group, including still life and landscape, Nancy Cat, group facilitator. Annual Cookout August 12, 11-1:30 am Sunday, Join us for the Barn Event, Outer Peace. Make your reservations now. Sponsored by Friends of UPICOA, Space limited. Annual Lobster picnic at the Galaxy in Menemsha September 12, 12 pm. Call now to reserve. Space limited.

Health Insurance Counseling: SHINE Counselor Joyce Albertine Outreach: Meet confidentially with Ellen Reynolds to learn about community resources available to meet your needs.
# Island-Wide Activities Calendar

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

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

**Primordial Qigong (or wuji) and Tai Chi, ECOA with Nan Dutty**  
Thurs., 10:11 am (12wk session)  
An 800-year-old practice, wuji is an easy-to-learn 15-min. form, a joyful and empowering experience.  

<table>
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<tr>
<th>Exercise, Books, &amp; Plays</th>
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| **Discussion Group, UICOA**  
Tues., 9:30 am  
Open discussion unless otherwise noted.  
Call 508-693-2896 for discussion topics.  
**Conversations with Bob**  
Lyon, Fri., 10:11 am  
**Friday Morning Conversations, ECOA**  
6/6 & 6/17, 10 am  
**Refreshments**  
Wed., 9/11 noon  
**Peter H. Luce Play Readers**  
Society, TCOA  
Wed., 9/12 noon  
**Producer:** John Bremm  
**Theme:** Celebrating the Bard, William Shakespeare (400 years)  
6/1 Macheth (or the Scottish Play)  
Director: Mike Joe Corbo  
6/6 The Tragedy of Antony and Cleopatra  
Director: Jay Sigler  
6/15 The Tragedy, cont.….  
6/22 The Tempest  
Director: Charlena Seymour  
6/29 Rosencrantz and Guildenstern are Dead  
Director: Nora Nevins  
The discussion follows, listeners always welcome.  
Call 508-696-9205.  
**Poetry Readers, TCOA**  
6/6, 10 am  
**Featured Poet:** Amy Newman  
**Poetry, Hill Jupen, ECOA**  
Thurs., 9:30 am  

**Painters Grouper TCOA**  
Come paint with us! Thurs. 9-11 am  
**Watercolor Painting with Nancy Cabot, UICOA,**  
Fri., 1 pm  
**New Crazy with Color/Coloring Books, OBCOA,**  
Thurs., 9-11 am  
**Color a Mandala or stained glass print**  
Supplies provided.  
**Get Creative with Paint!**  
Bruce Kissell, instructor 1st Monday.  
6/5, 10 am. See TCOA highlights  
**Chair Caning, OBCOA,**  
Thurs., 9-11 am  
**Woodcarving, OBCOA**  
Mon. & Thurs., 9 am  
**Rummyn, OBCOA**  
Thurs. & Thurs., 1 pm  
**Bridge OBCOA**  
Mon. & Thurs., 1 pm  
**Board Game Day! TCOA**  
Chess, Scrabble, Checkers?  
**What’s your game?**  
Wed. afternoons, Friday/mondays.  
**CALL to join a group. 508-696-4205**  
**Party Bridge, TCOA,**  
Fri., 1-4 pm

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| **Mah Jong**  
ECOA, Tues & Fri. 1 pm  
ECOA, Wed.; 1 pm & Thurs. 1:30 pm  
**OBCOA, Mon. 1 pm.**  
**Scrabble, OBCOA, Fri. 9 am.**  
**Scrabble, UICOA, Thurs. 1 pm.**  
**Mens Cards OBCOA Wed., 9 am**  
**Foot & Hand Card Games, OBCOA, Mon. 9-1 am.**  
**Ladies Cards, OBCA, Tues. 1 pm**  
**Rummy, OBCOA, Tues & Thurs. 1 pm**  
**Bridge OBCOA**  
**Learn to Play Bridge, TCOA**  
**Board Game Day! TCOA**  
**Chess, Scrabble, Checkers?**  
**What’s your game?**  
**Wed. afternoons, Friday/mondays.**  
**CALL to join a group. 508-696-4205**  
**Party Bridge, TCOA,**  
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**Art & Crafts |  |
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Wed. afternoons, Friday/mondays.  
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**Party Bridge, TCOA,**  
Fri., 1-4 pm

**Exercise & Fitness |  |
| **Chair Power with Lisa, 508-693-2896**  
Mike Corbo, 508-627-5476  
Mondays, 1-4:30 pm  
**Duplicate Bridge, TCOA**  
Call 508-696-4205 to register.  
**New class begins in the spring**  
**Chair Caning, OBCOA,**  
6/5, 10 am. See TCOA highlights  
**Mindful Knitting, ECOA, Thurs 2-4 pm**  
**Needlework, ECOA,**  
Tues 6/6, 10 am  
**Purl Jam, TCOA**  
Mon., 9:11 am  
**Mindful Knitting and Conversation**  
Call for details.  
**UFO’s: Unfinished Forgotten Objects, OBCOA**  
Fri., 1:20 pm  
**Enjoy Lunch and Wii Bowling!**  
Lunch & Wii Bowling, TCOA  
1-hour awardwinning video, easy-brisk  
**Bridge UICOA**  
Thurs., 1:30 pm  
**Call Abe Seiman 508-696-9130**  
**Call Abe Seiman, Fri., 9 am**  
**Bingo OBCOA,**  
Wed., 6/15, 1-3 pm & 6-8 pm  
**Enjoy Lunch and Wii Bowling!**  
TCOA  
Sign up for lunch and bowl afterward!  
Call 508-696-8337 for details/reservations

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TCOA  
Sign up for lunch and bowl afterward!  
Call 508-696-8337 for details/reservations

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.

508-862-1951 • www.windemere.org

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"It’s 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 were at home."

– Betty, Wildflower Court resident
Service Programs and Support Group Directory

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Health Insurance Counseling and Medicaid & MassHealth Info

S.H.I.N.E.
EDOA, Call 508-627-4368 for an appt.
OBCOA, Call 508-693-4509, ext. 3, for appt.
TCOA, Call 508-696-4205 for an appt.
UICOA, Call 508-693-2896 for an appt.

Food Services, Transport & Housing

Support Groups & Counseling

Adult Blood Pressure & Wellness Clinics

Aquinnah Town Hall, 6/28, 2-3
Chilmark Library, 6/15, 12:30-1:30
Edg. Stop and Shop Pharmacy, 6/1, 12-2
Edg. Town Hall, 6/8, 9-11
Edg. COA, 6/16, 10:30
Oak Bluffs COA, 6/7 & 6/23, 12:30
Tisbury COA, 6/7, 10-11:

Up Island COA, 6/14, 11:30-1:00
Cronig’s, 6/9, 1-3
Hillside Village, 6/1, 10-11
Woodside Village, 6/27, 12-1
Woodside Village II, 6/27, 1:15-2:15

Public Health Nurse Clinics:

Call your Council on Aging for information

TCOA, 6/9, 9:30-11:30
Vineyard Scripts, Beach Rd., VH
Have your blood pressure checked

Free Legal Clinic

6/8, Elder Law Attorney Patty Mello
Space limited (Medicaid, medical estate planning, asset protection, wills).
Call 508-477-0267 for an appointment.

Social Security Video Display Program,
6/27, 9:00 am-12 pm
Meet with a Social Security rep. via Skype in a private office at O.B. Senior Center.

Call 508-693-4509 in advance for an appointment.

Social Security

Falmouth office, 855-881-0212
Veteran’s Services, EDOA
6/3, 10:30 am. Call 508-627-4368 for an appointment

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

S.H.I.N.E.

ECOA, Call 508-627-4368

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