TRAVEL News

BSO Tickets Available:
Subscriber tickets are available to the April 8 & 22 Matinee performances, organized by the TCAO/Tisbury Travel Club. Single and double seating. To see the full program, go to bso.org and click April 8 or 22 on the calendar. Call 508-696-4205.

Falmouth Shopping Trips
April 20 and May 18, 8:15 am boat leaving, 5:00 pm returning. Call UICOA, 508-693-2896.

Kennedy Museums & Commonwealth Museum
May 12, 8:15, 5:00 boats Deadline for Registration: April 28. Call TCAO, 508-696-4205.
Three museums at Columbia Point: The JFK Library & Museum, the new EMK Institute for the U.S. Senate, and the Commonwealth Museum. Plan on 1.5 hours at JFK and at EMK. One hour at the Commonwealth Museum. Arrive 10:45 am greeted by docents from JFK/EMK. Lunch options: JFK lunchroom available to the public or bring a sack lunch to enjoy outside in the picnic area weather permitting. The bus leaves at 1 pm to take us to the Commonwealth Museum where you will see interactive exhibits that bring history alive.

Included: our nation’s most important historical treasures. One of the original 14 copies of the Bill of Rights and one of the original 14 copies of the Declaration of Independence. The CM main theme “The Massachusetts Experiment in Democracy: 1620-Today”, and sub-theme “Tracing our Roots”, tells the story of four representative MA families of Native American, English, African-American, and Irish heritage. Choose JFK or EMK, add CM = $35.

Annual ECOA North End Trip
June 3, 8:15 boat. We are going early this year to beat the summer crowds and join friends from the Falmouth Council on Aging $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 the 6:15 boat. To sign up call 508-627-4368.

ECOA Cape Cod Canal Trip
July 13; 8:15 boat; Cruise from 10:1 on 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
September 7; 8:15 boat; $75 includes bus, cruise, luncheon and all gratuities. Purchase your own ferry ticket. Call 508-627-4368 to sign up.

Looking Ahead…..
TCAO Walking Tour of Historic Sandwich, Sept. 10 Visit the Sandwich Glass Museum (new historical theater exhibit) Lunch at the Daniel Webster Inn. 6:15/3:45 boats. $54. Call 508-696-4205 to register.

Regional Luncheon
Martha’s Vineyard Regional High School / Culinary Arts & Music Departments
Culinary Arts Dining Room
April 14th
Music at 11 • Lunch served promptly at 11:30
Menu: Let’s go Italian!
Italian Wedding Bell Soup • Linguine with Meatballs • Tiramisu
Delicious food, great company! • $12 per person
Call 508-939-9440 for reservations

Memory Café
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

FirstStop MV
A free centralized information resource service with more than 250 Island, state, and federal resources plus a comprehensive community calendar.
Learn more about FirstStop MV in person
Wednesday, April 6 - 5 pm at the West Tisbury Library
Saturday, April 9, 8 am - 12 pm at Martha’s Vineyard Hospital Health Fair
For upcoming events and to connect to resources:
Web: FirstStopMV.org
Phone: 774-549-0555
Email: info@firststopmv.org
Facebook: facebook.com/FirstStopMV
Twitter: twitter.com/FirstStopMV
FirstStop MV is an initiative supported by private donations and all six Island towns.

VETERANS SERVICES
Dukes Co. Director of Veterans Services, JoAnn Murphy 508-693-6887

Announcing the All Island Veterans Discount Card

Martha’s Vineyard Community Services is pleased to introduce the All Island Veterans Discount Card program, a combined initiative of the Martha’s Vineyard Community Services Veterans Outreach Program, Dukes County Veterans Services and local businesses, to recognize and thank the Island’s more than 500 veterans, retirees and individuals serving on active duty.

Under the All Island Veterans Discount Card Program, veterans will be issued an identification card (after verification of veteran status by Jo Ann Murphy, Dukes County’s Director of Veterans Services) that identifies them as a veteran.

Participating Island merchants will agree to honor this card by providing these individuals with discounts on purchases or services (a 10% discount is recommended, or some other special offer. Individuals will be able to present their identification cards to participating merchants and will receive these discounts on a year round basis.

Island veterans who are interested in signing up for a card can visit Martha’s Vineyard Community Services Administration (Building B) between the hours of 10am – 1pm. Tuesday through Friday or make an appointment by calling 508-693-2900 x223. Veterans are asked to bring their driver’s license and DD-214 form to verify veteran status.

Are you or someone you know turning 65 soon?

Every day 10,000 baby boomers turn 65 and become eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. If you are collecting Social Security, you will automatically receive your Medicare card 3 months before turning 65. If you are not collecting you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at www.socialsecurity.gov or at your local Social Security office.

There are federal rules as to when you can enroll into Medicare Part A, Part B, Part C Medicare Advantage Plans-HMOs, PPOs and D (prescription coverage). If you miss these enrollment periods you may have to pay a late enrollment penalty and could have a gap in health care coverage. Each individual situation is unique; questions need to be asked, options considered and costs compared.

It is very important to sit down with a SHINE counselor and go over your particular situation. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help those on, or eligible for Medicare, navigate the complex health insurance system.

If you will be turning 65 soon, call your local Senior Center to make an appointment with a SHINE counselor.
Edgartown Highlights - 508-627-4368

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

Lunches Noon
52 Tuesday Sandwich, soup, dessert $5 Fourth-Entree, soup, dessert
No Regular Lunch at Anchors
4/18-4/22.

Thank you to MV Boys & Girls Club! We walked, we talked, we stood in shape! Thanks for the use of your way cool club. See you in the fall!

Selectmen Visiting Anchors for Lunch 4, 5, Noon. Come say Hello to our wonderful Selectmen!

Start with some basic skills! 5 class series: Beginning 4/19, 1 pm.

Mr. O’Malley: Your best physical and mental condition: goals: financial stability, maintaining a safe home, and continue your current therapy practice on MV. Please call to sign up for all programs.

“Fowl Friends From the Island” program
Up-Island Senior Center, 508-693-2896
April 11, 10-10:30 am
See Up-Island Highlights for details

Martha’s Vineyard Museum Presents: “Fowl Friends From the Island”
Up-Island Senior Center, 508-693-2896
April 25, 1:30 pm

Do you have a project that you’ve forgotten about? Fridays, 1-2:30 pm
Join the Pin Pals bowling for an hour of bowling followed by lunch and dessert. NO bowling experience required. To join call 508-627-4205, 4/5.

New! Crazy for Coloring Books!
Thursdays, 9-11 am
Join us to learn about coloring books that are all the rage? They are beautiful, intricate and complex. Create stunning pictures using rich, jewel tone color pencils. The rewards are relaxation, enhanced concentration, a chance to unwind, reduce stress and anxiety. It can even help train your brain to focus better and increase your fine motor control.

Up-Island Highlights - 508-693-2896

Please call to sign up for all programs

Join in the Pin Pals bowling for an hour of bowling followed by lunch and dessert. NO bowling experience required. To join call 508-627-4205, 4/5.

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Up-Island Highlights - 508-693-2896

Please call to sign up for all programs

BOWLING and LUNCH $10
4/4, 11-1:30 PM
TCOA and ECOA face off for another FUN round of bowling and lunch at the Barn, Bowl & Bistro.

Join the Pin Pals bowling for an hour of bowling followed by lunch and dessert. NO bowling experience required. To join call 508-627-4205, 4/5.

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Up-Island Highlights - 508-693-2896

Please call to sign up for all programs

MELT Method Intro Class with Valerie Sonnenhall 4/7 & 4/21, 4-5:15 pm $20. Limit 10 students
Learn simple self care techniques you can do at home to remain active, healthy and pain free. Release inflammation, ease neck and low back strain, improve alignment.

Vineyard Isle Parkinsonian Support Group, 4/11, 10:30 am
Special Presentations: Urbanity Dance’s “Dance with Parkinson’s” program Classes designed to keep individuals living with Parkinson’s disease moving in a fun, welcoming, safe environment. Professionally trained instructors use music, storytelling, and a variety of movement styles, along with exercises designed to enhance and maintain mobility, flexibility, balance, coordination, and strength. All exercises can be modified for a variety of mobility levels. All welcome, no previous dance experience required! Urbanity dance instructor Alissa Clarke.

Martha’s Vineyard Museum Presents: “Five Friends From the Island” 4/25, 1:30 pm With Docents Nancy Cabot and Ronnie George. See noteworthy for details.

“Using Word Collages to Inspire Your Writing” 4/26, 10-noon.
Join Ellie Bates and Housew Writers for an introductory session.

Songkran: Celebration of the Thai New Year 4/26, 1 pm.

Join the Pin Pals bowling for an hour of bowling followed by lunch and dessert. NO bowling experience required. To join call 508-627-4205, 4/5.

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Please call to sign up for all programs

An April Surprise!
April 14, 10 am
Martha’s Vineyard Museum presents “Museum Conversations” including oral history, artifacts, and a variety of movement styles, along with brush and ink techniques.

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Island-Wide Activities Calendar

Exercise & Fitness

Discussion Group, UICOA
Tues., 9:30 am
Open discussion unless otherwise noted. Call 508-693-2896 for discussion topics.

Ideas, Books, & Plays

Painters Group, TCOA
Come paint with us!
Thurs., 9-11 am
Watercolor Painting with Nancy Cabot, UICOA
Fri., 1 pm
New Crazy with Color/Coloring Books, TCOA

Arts & Crafts

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

Scrabble, OBCOA
Fri. 9 am

Ladies Cards, OBCOA
Tues., 1 pm

Party Bridge TCOA
Fr., 1 pm

Pin Pals Bowling, TCOA
4/4, 11-1 pm

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.

“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 I were at home.” — Betty, Wildflower Court resident

WINDERMERE Nursing & Rehabilitation Center
508-862-1951 • www.windemeremv.org
Service Programs and Support Group Directory

**Health Promotion**
- **Health Insurance Counseling and Medicaid & MassHealth Info**
  - S.H.I.E.L.D.
  - ECOA, Call 508-627-4368 for an apt.
- **Health Law Project**: South Coastal Counties Legal Services (Cape & Islands)
  - ECOA, Call 508-627-4368 for an apt.
  - UICOA, Call 508-693-2896 for an apt.
- **Wamassoq Tribal Council**, 508-645-9265
- **Vineyard Health Care Access Program**, 508-696-0020
- **Elder Law Project**: Vineyard Center on Aging for information
  - TCOA, 508-693-4509
  - UICOA, 508-693-2896

**Insurance, Legal, Social Security**
- **Core Counseling, Outreach and Referral for the Elderly**: Call the Outreach Worker at the Council on Aging in your town or Joy Gasapul at Island Counseling Center, 508-693-7900 x 242
- **Martha’s Vineyard MS Self Help Group**, Call 508-693-3193
- **Prostate Cancer Support Group**
  - 3rd Wednesday of the month
  - M.V. Community Services
  - Bldg. C/Conference Rm 1
  - Info at www.mvprostatecancer.org
- **Diabetes Support Group**
  - 4/18, 1 pm
  - Vineyard Haven Memorial Church
  - 508-693-2896
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  - 508-693-2896

**Food Services, Transport & Housing**
- **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 508-693-5319
- **Island Food Pantry**
  - Christ United Methodist Church Church St. VH
  - Info at 508-693-4764
- **Transportation**
  - Vineyard Transit Authority 508-693-9440.

**Support Groups & Counseling**
- **CORE**
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  - Info at www.mvprostatecancer.org
  - Alan Gasapul, Facilitator, 914-318-1477 (mobile)
- **Diabetes Support Group**
  - 4/18, 1 pm. Dealing with the Winter Blues: Topic to be announced.
  - Vineyard Isle Parkinson’s Support Group
  - 4/11, 10:30 am

**MVCHS Island Counseling Center**, 508-693-7900
- Call Allison McKinnley x 217
- MVCHS Island Counseling Center, 508-693-7900

**Cancer Support Group**
- Wednesdays, 12:00, Hebrew Center, Vineyard Haven
- Call 508-693-7900 for an appointment.

**Elder Services of Cape Cod & the Islands Nutrition Program**
- Senior Dining Centers
  - Reservations needed 1/2 hours in advance
  - Up Island, 508-693-2896/Thursday
  - Oak Bluffs, 508-693-4509/Tuesday & Thursday
  - Tisbury, 508-693-8373/Monday-Friday
  - Call for information on how to receive Meals on Wheels or to volunteer to deliver meals.

**Vineyard Audiology is here to help, year round.**

Outlining Expertise with Integrity
508-696-4600
20 Indian Hill Rd., West Tisbury
vineyardaudiology.com

**Vineyard Audiology**
- 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