Falmouth Shopping Trips, UICOA
Oct. 26, 8:15/5:00 boats
Call Ellen for details, 508-693-2896

Salem Witch Museum, OBCOA
October 20
Follow the history of witches, witchcraft, and witch hunts through the ages. The main presentation is an overview of the events of the Salem Witch Trials of 1692. Do you believe in witches? Don’t answer until you visit the Salem Witch Museum! Leave on the 7 am boat, return on the 6:15. Enjoy a comfortable trip to Salem via motorcoach, with a stop for lunch on the way. $45 per person. Travelers are responsible for their own SSA tickets and spending money for lunch and shopping. Spare limited, contact Rose, 508-693-4509 x3 to reserve your spot.
Tisbury Travel Club, TCOA
BSO at Symphony Hall
Oct. 7 & 28, Nov. 4 & 25, Jan. 13
Call Sandy: 508-696-4205

Martha’s Vineyard Partnership for Health
Offering FREE seminars on Stress Management, Diabetes and Foot Care, contact ksmaways@himmh.org or call 508-627-5797 x114.
MV Partnership for Health is also offering a series of 6 FREE Powerful Tools for Caregivers classes. This self care program is designed to help family caregivers handle the unique challenges of caregiving”
Tues., Oct. 11 through Nov. 15, 1:15 pm - 3:45 pm at “the Anchors” Edgartown Council on Aging.
Pre-registration is required. Contact Wendy Benedetto, 508-627-4368 or wbenedetto@edgartown-ma.us

Up-coming Legal Clinics
Tisbury Senior Center: Register at 508-696-4205
October 4, 5:30-6:30 pm
With Attorney Arthur Bergeron
Trusts 101: Do you need a Trust; what type? And, why?
Understand Irrevocable vs. Revocable and Living Trusts vs. Testamentary and how a trust can help you protect your assets, minimize taxes and avoid probate. What type of trust is right for you?
Asset Protection vs. Tax Avoidance vs. Probate Avoidance
November 7, 5:30-6:30 pm
Real life examples illustrate how you can evaluate the tradeoffs faced in emergency nursing home placements and in long term planning situations.
Weant to Hear From You!
Join leadership from Providence VA Health Care System and VA Benefits Administration as we host a... VETERANS TOWN HALL MEETING
When: Tuesday, Oct. 18, 2016
4:30 to 6 p.m.
Where: American Legion
47 Martin Road,
Vineyard Haven, MA
Who: Veterans, Families and Community Partners
What: Get an update and ask questions.
Edgartown Highlights - 508-627-4368

See our newsletter at www.edgartownma.com for more information.

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

Bowlers!
10/3, Join our team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30! Fun! Lunch, dessert included, $10. Call to sign up.

Powerful Tools for Caregivers
A free series of six “self-care education” sessions designed to help family caregivers handle the unique challenges of care-giving. Tuesdays, October 1-11 November 1-11, 1-15-3-9. Pre-registration is required. Please call Wendy to sign up.

Oak Bluffs Highlights - 508-693-4509

Flu Clinic & Health Fair
October 1, 11 am – 2 pm.
Martha’s Vineyard High School Cafeteria. Registration forms can be found at the Councils on Aging, Libraries and Town Hall, or online at mvboh.org

Elder Law Clinic
10/3, 10 am. Please call Rose for an appointment.

Men’s and Ladies Luncheon
10/5, 12:00 noon.

Ballroom Dancing with Tom Newton
10/6, 1-3 pm. The Bamba, Fox Trot, and more!

Threshold Choir
10/3 & 10/17, 1 pm.

Coffee and Computers
Will resume with Allison Malick’s return from maternity leave.
Congratulations to the Malick’s and their new baby!

Tisbury Highlights - 508-696-4205

Get Creative w/ Paint!
Bruce Kissell, inst.
10/3 Learn how to load a brush with paint and apply to a light template. All materials are provided. Hangable Hourly $ Free. Limited to 10.

Advanced Care Planning / 5 Wishes
Melissa Weidman, presenter
10/2, 1-3 pm

Elder Law Clinic, 10/3, 10 am. Please call Rose for an appointment.

Men’s and Ladies Luncheon, 10/5, 12:00 noon.

Ballroom Dancing with Tom Newton, 10/6, 1-3 pm. The Bamba, Fox Trot, and more.

Threshold Choir, 10/3 & 10/17, 1 pm.

Coffee and Computers, will resume with Allison Malick’s return from maternity leave. Congratulations to the Malicks and their new baby!

Flu Clinic & Health Fair
October 1, 11 am – 2 pm.
Tisbury Senior Center, 508-693-2896

Advance Care Planning: Essential Conversations for Peace of Mind Before A Crisis
Up-Island Senior Center, 508-693-2896

Chair Massage with Eclipse Massage Therapy
October 14 and 28, 10 am – 2 pm
Promotional discounted cost is $8 per 1 minute, 15, 30, 45, and 60 minutes sessions.

Elder Law Clinic
10/3, 10 am. Please call Rose for an appointment.

Men’s and Ladies Luncheon
10/5, 12:00 noon.

Ballroom Dancing with Tom Newton
10/6, 1-3 pm. The Bamba, Fox Trot, and more.

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Threshold Choir
10/3 & 10/17, 1 pm.

Coffee and Computers
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Island-Wide Activities Calendar

**Exercise & Fitness**

- **Yoga for Seniors**, UICOA  
  Mon, 10:15-11:15 am, Fri, 10:30 am  
  Martha Abbot, Instructor  
  $10 per class  
  Call 508-693-2896

- **Yoga ECOA with Carol Arzanbe**  
  Thurs, 8-9:30am

- **Meditation Healing (Yin)ung**, UICOA  
  Allison Parry, Instructor  
  Mondays, 5 pm  
  10/15-10/19, 5:00 p.m., 6:00 p.m.

- **Tai Chi with Nan Doty**, ECOA  
  Thurs, 9-10 am  
  Bruce Kissell, instructor  
  $10 per class  
  Call 508-693-2896

**Ideas, Books, & Plays**

- **Mansion House Pool**  
  Aquatic Exercise Class  
  Fri, 8:30 w/Floyd  
  $10 per class  
  Call 508-696-4205

- **Pin Pals Bowling**, ECOA  
  Mon, 9 am  
  Call 508-696-4205

- **Mansion House**  
  Tuesday Lunch & Conversation  
  Call for details/reservations  
  508-693-2896

- **The Princess Poo-Poo-Ly Band**  
  Wednesday, 1-3 pm, Martha Child, Instructor  
  Beginners and Practiced.  
  Fun! We play a wide variety of music!

**Arts & Crafts**

- **Painters Group, TCOA**  
  Come paint with us! Thurs., 9-11 am  
  Call 508-693-2896

- **Watercolor Painting with Nancy Cabot**, UICOA, Fridays, 1 pm  
  Call 508-696-4205

- **Coloring Book**, TCOA  
  Thurs, 9-11 am

- **Color a Mandala or stained glass print**  
  TCOA, Wed, 10-11 am

- **CDs & DVDs**  
  Exchanges, 10/18 & 10/21, 10 am

**Cards & Games**

- **Mah Jong**  
  ECOA, Tues & Fri, 1 pm  
  Call 508-693-2896

- **Watercolor Painting with Nancy Cabot**, UICOA, Fridays, 1 pm  
  Call 508-693-2896

- **Coloring Book**, TCOA  
  Thurs, 9-11 am

- **Color a Mandala or stained glass print**  
  TCOA, Wed, 10-11 am

**Discussion Group, UICOA**  
Tues, 9:30 am  
Call 508-693-2896  
For details of upcoming meetings.

- **Conversations with Bob Christie; Director:**  
  Wed, 10-11 am  
  Call 508-693-2896  
  For information.

- **Book Discussion Group**  
  Mon & W ed, 5:30 pm  
  Call 508-693-2896

- **Book Discussion**  
  TCOA, Thurs, 10 am

- **Lunch & Conversation**  
  UICOA, Wed, 10-11 am

- **Refreshments**  
  OBCOA, Wed., 9 am

- **What’s your game?**  
  Contract (Party) Bridge, OBCOA  
  Fri, 1-2:30 pm

- **Chess, Scrabble, Checkers?**  
  OBCOA, Tues., 9:30-11:30

- ** Duplicate Bridge**, OBCOA  
  Thurs, 7:30 pm  
  Call 508-693-2896

- **Pacific Bridge**, OBCOA  
  Wed, 9-11 am  
  Call 508-693-2896

- **Bridge Tournament**  
  ECOA, Thurs, 1 pm

- **Bridge Instruction**  
  ECOA, Tues, 1-2 pm  
  Karin Burke will help you get started again!

**Painters Group, TCOA**  
Come paint with us! Thurs., 9-11 am  
Call 508-693-2896

**Watercolor Painting with Nancy Cabot**, UICOA, Fridays, 1 pm  
Call 508-693-2896

**Coloring Book**, TCOA  
Thurs, 9-11 am

**Color a Mandala or stained glass print**  
TCOA, Wed, 10-11 am

**Supplies provided**

- **Frisbee**  
  OBCOA, Thurs, 1 pm

- **Watercolor Painting with Nancy Cabot**, UICOA, Fridays, 1 pm  
  Call 508-693-2896

- **Coloring Book**, TCOA  
  Thurs, 9-11 am

- **Color a Mandala or stained glass print**  
  TCOA, Wed, 10-11 am

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.windemeremv.org

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**Yoga for Seniors**, UICOA  
Martha Abbot  
Mon, 11:15 am, Fri, 10:30 am  
Kanta Lipsky, Wed. 10:30  
$10 per class  
Call 508-693-2896

**Yoga ECOA with Carol Arzanbe**  
Thurs, 8-9:30 am

**Meditation Healing (Yin)ung**, UICOA  
Allison Parry, Instructor  
Mondays, 5 pm  
10/15-10/19, 5:00 p.m., 6:00 p.m.

**Tai Chi with Nan Doty**, ECOA  
Thurs, 9-10 am  
Bruce Kissell, instructor  
$10 per class  
Call 508-693-2896

**Chair Yoga**, TCOA  
Real yoga with chair support  
Virginia Ivanov, instructor  
Thursdays, 10-11 am, $5  
Register info 508-693-4205

**Gentle Pilates**, UICOA  
Mon., 10 am  
Toni Cohen, Instructor  
$10 per class  
ECOA Got Strength? Strength Training with Lisa Amols  
Tues, 8-10:30 am  
Thurs, 3:30 pm  
(beginning 10/20)  
Be strong, flexible, fit, and happy!  
Call Lisa, 508-693-1009 before first class.  
Punch cards available, $16  
walk-ins. Join anytime.

**Exercise with Floyd**, OBCOA  
Fridays, 8-10:30 am

**Group Exercise, OBCOA**

**Monday mornings, 8:45 am**  
Exercise with Bill White, OBCOA  
9:00 am  
Ballettcs, UICOA  
Wed & Fri, 8-10:30 am  
With Karen Cullinan, UICOA  
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, remember fun times and have fun!  
DANCE FREE! UICOA  
Tuesdays, 3-4 pm  
No money, no teacher, no instructions.  
Dance to catchy, funky, rhythmic music  
Call 508-693-2896

**Strength Training, UICOA**  
Fri, 8:30 am  
(first class is free)  
With Karyn Verdon  
Mon & Wed, 5:30 pm  
Tues & Thurs, 9-10:30 am

**Saturdays, 9:00 am**  
Call 508-693-2896

**Chair Balance of Power**, TCOA  
Sit & Get Fit, TCOA  
1 hr award winning video, easy brisk  
Call 508-696-4205 to schedule a time.  

**Lunch & Wii Bowling**, TCOA  
Call for details and reservations,  
508-693-8373

**Pin Pals Bowling**, TCOA & ECOA  
10/5, 11:30 10:30  
1 hr bowling & gourmet lunch  
(price includes above & shoes)  
Call to register by 9/30

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

**Aquatic Exercise Class**  
Mansion House Pool  
Call Mansion House for info.

508-693-7400

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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 we were at home.”**  
– Betty, Wildflower Court resident
Health Promotion

Blood Pressure & Wellness Clinics:
Aquamih Town Hall, 10/25, 2-3
Chilmark Library, 10/19, 12:30-1:30
Edg Stop & Shop Pharmacy, 10/5, 12-2
Edg Town Hall, 10/12, 9-11
Edg COA, 10/20, 10:30
Oak Bluffs COA, 10/4 & 10/27, 12:30
Tisbury COA, 10/4, 10-11:
Up Island COA, 10/11, 11:00-1:00

Cronig's, 10/11, 13:
Hillside Village, 10/5, 10-11
Woods Hole Village, 10/24, 12-1
Woodside Village II, 10/24, 1:15-2:15
Public Health Nurse Clinics:
Call your Council on Aging for information
TCOA, 10/13, 9:30-11:30
Vineyard Scripts, Beach Rd. VH
Have your blood pressure checked any
time. Hearing Services, call in
advance for an appointment.
OBCOA: 10/11, Call Rose, 508-693-4908 for apt
UICOA: Vineyard Audiology
Screenings & Repairs
Call 508-457-9285 for appointment
TCOA: Miracle Ear
Call 508-457-9285 to speak to
Audologist Michelle Harris or to make
an appointment.

Podiatry & Foot Care
Pedi-Care w/Michelle LeBlanc, RN
Call for an appointment: 5½ hours apts,
5:30
OBCOA, 10/12, 9 am
Call 508-693-4509 x3
EOCA, 10/18, 1:30-3:30 pm
508-627-4365
UICOA, 10/24, 9 am
508-693-2896

Health Insurance Counseling
and Medical & MassHealth Info
S.I.N.A.E.
EOCA, 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

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
Cherished United Methodist Church
Church St. VH, Info at 508-693-4764
Transportation:
Vineyard Transit Authority
508-693-9440, 8:30 annual senior bus

passes available at local Senior Centers.
Medifair, 508-693-9440 (VHA)
Tuesday to Boston area medical services,
$30 round trip
American Cancer Society Road to
Recovery 1-800-227-2245, for cancer patients
Medical Taxi (Cape & Islands medical appointments)
Call 508-939-4940
Housing and Living Options:
Island Elderly Housing,
508-693-5980
Subsidized housing for seniors & disabled.
Windemere Nursing & Rehab,
508-693-6465.
Long term care nursing home facility,
Medicaid accepted.
Havenside Apartments,
508-693-2280
Henrietta Brewer House,
508-693-4360
Assisted Living, private pay
Longhill, 508-627-7791
Assisted Living, Private pay,
Long Term Care Insurance accepted.
Vineyard Village at Home (VHAI)
Referrals, Transportation & Assistance
With independent living

Free Legal Clinic
10/12 UICOA
Elder Law Attorney Patty Mello
Space limited (Medicaid planning, estate
planning, asset protection, wills)
Call 508-477-0267 for an appointment
Social Security Video Display Program
10/27, 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
10/7, 10:30 am
Call 508-627-4368 for an appointment
Funeral Consumers Alliance
1-802-865-8300, Information on end of
life alternatives

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 Ganapul at MVCS Island Counseling
Center, 508-693-7900 x262
Martha’s Vineyard M S Self Help Group
Call 508-693-3193
Prostate Cancer Support Group
3rd Wednesday, 6 pm. M V. Community
Services Bldg, C Conference Rm 1.
Info at www.mvprostatecancer.org
Alan Ganapul, Facilitator,
914-316-1477 mobile
Diabetes Support Group
10-17, 5:30 Call 508-696-4205
for information
Vineyard Isle Parkinsonians
Support Group
10-17, 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 am & 11 am at Featherstone
Center for the Arts
For info call Victoria Harselbrath,
508-627-4368 x15
Memory Café
Thurs. 10 am American Legion Hall, VH
Music, conversation, laughter,
companionship, Light refreshments.
Drop in. Free of charge.
Call Nancy Langman, 508-498-1948
or Leslie Clapp 508-939-9440 for info
Caregiver Support Group
First & third Thursdays, 10 am
MVCS Island Counseling Center
Call Allison McKinney,
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

REGIONAL LUNCHEON
Martha’s Vineyard Regional High School
Culinary Arts & Music Departments
Culinary Arts Dining Room
Thursday, October 13
Music at 11:00
Lunch served promptly at 11:30
Menu
Panzerotti Salad
Lucario
Almond Cupcakes
Reservations are a must.
Call 508-939-9440

Vineyard Audiology
is here to help, year round.
Offering expertise with Integrity
508-696-4600
20 Indian Hill Rd, West Tisbury

Vineyard Audiology
508-693-7979
vinyardaudiology.com

Blood Pressure Screening
Personal Consultations
 Sick Room Supplies
Prescription Drug Dispensation Program