TRAVEL NEWS

Reminder to Fall A
Subscribers: Boston
Symphony Orchestra at
Symphony Hall
TCAO, 508-696-4205
Friday, January 13, 8:15/6:15
SSA
Call Sandy if you are not
attending and want your BSO and
bus seat made available to the
Substitute List.

“42nd Street” at the
Providence Performing Arts
Center
UICOA, 508-693-2896 (Wait
List Only)
Saturday, March 25, 2017
The quintessential backstage
musical comedy classic. 42nd
Street includes some of the
greatest songs ever written;
“We’re In The Money,” “Lullaby
Of Broadway,” “Shuffle Off To
Buffalo,” “Dames,” “I Only Have
Eyes For You,” and of course
“42nd Street.”

Based on a novel by Bradford
Ropes and Busby Berkeley’s
1933 movie. 42nd Street tells
the story of a starry-eyed young
dancer who leaves her Allentown
home and comes to New York to
audition for the new Broadway
musical Pretty Lady. When the
leading lady breaks her ankle, Peggy
takes over and becomes a star. Named the 2001 Tony
Award® winning Best Musical
Revel. Roundtrip motor coach,
lunch at Blake’s Tavern, orchestra
seating, and gratuities. $130

Visit Woods Hole
Oceanographic Institute
(WHOI)
TCAO, 508-696-4205
June 15, 2017
Woods Hole is a world center
for marine, biomedical and
environmental science. Learn
about the WHOI ship that helped
discover the RMS Titanic and
hydrothermal vents. Learn
about Knorr’s history and
accomplishments and much
more. Enjoy lunch at the Land
Fall Restaurant. Details will be
listed in this site as they become
available. Register now to be put
on the list. Group is limited to
40.

Martha’s Vineyard Center for Living
Caregiver Support Services

Martha’s Vineyard Center for Living is pleased to announce the
launch of new support services for the families and caregivers
of individuals with dementia and Alzheimer’s. MV Center for
Living Caregiver Support Services will focus on providing
education, screening, individual counseling, support groups, and
access to referrals and information for families and caregivers.

Nancy Langman, a licensed clinician and nurse practitioner, will be available on
Fridays from 9:00 am to 1:00 pm at the Tisbury Senior Center, for individually
scheduled appointments. A new Alzheimer’s Caregiver Support Group is also
planned. This service is free of charge and available to all islanders.

To kick off this exciting new service, we will host a
Caregiver Support Services Open House
January 6, 9 am – 1 pm
Tisbury Senior Center

Meet Nancy Langman to learn more, and take the opportunity
to let us know what will be most helpful to you.

This program is made possible with a grant from the
Permanent Endowment of Martha’s Vineyard

REGIONAL LUNCHEON

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

Thursday, January 12th
Music at 11:00 · Lunch served promptly at 11:30
Menu
Garden Salad, Chicken Pot Pie & Spiced Fritters
Always delicious! $12

Reservations are a must! Call 508-939-9440

RADON TESTING

WILL BE CONDUCTED THIS WINTER-2016-2017

FOR ANY HOMEOWNER BY
TRAINED MEMBERS OF THE
SENIOR ENVIRONMENT CORPS
OF ELDER SERVICES OF CAPE
COD AND THE ISLANDS

Radon is a natural radioactive gas
that can build up to harmful levels in
your home.

The EPA recommends that all
homes be tested for Radon.
Radon is easily detected and high
levels can be reduced.

Approximately 1 out of 5 homes
on the Cape & Islands have elevated
levels of Radon gas.

Testing is available to homeowners
of all ages.

Call 508-394-4630, Ext. 524 to
register for testing
For more information or questions
call Susan @ x520 or Anita @ x523

All results are confidential.
Testing will be available November
Cost of sample collection & testing
only $30.00
Please make check payable to:
Elder Services of Cape Cod & the
Islands

VETERANS SERVICES

Dukes County Director of Veterans Services, Jo Ann Murphy
Call 508-693-6887 for information.

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.

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 social contact for families and caregivers.
Spice of Life Memoir Writing, TCOA
A Story Wisdom workshop led by Susan Klein M.Ed
Tisbury Senior Center, 508-696-4205
1/24, 1-2 pm
MV Museum Presents Museum Conversations:
Tisbury Senior Center, 508-696-4205
1/12, 10 am
For the Love of Kids – Old Toys and Games on Martha’s Vineyard
What was your favorite toy when you were little? Historically, what did island kids play with? We’ll look at archival photos from the early 1900’s to learn how kids had fun, and play with a few toys and games. Refreshments.
“Dress, A Boat and Exciting Times: Life on the Island During World War II”
Up Island Senior Center, 508-693-2896
1/23, 1:30 pm
Islanders are known for innovative responses to unusual and difficult circumstances. Learn how this spirit played out during World War II, when resources were scarce and fear of the unknown was ubiquitous. Discover the fascinating tale that the Van Riper Ship Model Shop played during the war, and how Flare Parachutes were repurposed. Share stories, photograph, a war ration book, blueprints and more.
Museum Conversations is offered thanks to the support of The Martha’s Vineyard Savings Bank Charitable Fund.
MELT Method Classes with Valerie Sommell, UICOA
Call 508-627-4368 to register
Tuesdays, 1/2, 1:45 pm. Spars limited. Pre-registration required.
Reduce inflammation, ease neck and low back strain, improve structural alignment, and learn how to keep your whole body feeling better at any age. Rollers and balls provided. Bring water and wear comfortable clothes.
MV Museum Presents
Movie “Chocolat” with popcorn and… Valentine Party!
For the Love of Kids – Old Toys and Games on Martha’s Vineyard
See Noteworthy section for more details.
Tisbury Highlights - 508-696-4205
Bowling at Bowl and Barn Bistro
1/9, 11:30 – 1:30 pm
Call before Fri. 1/6 to be put on the Tisbury list.
1 hour of bowling and lunch, $10.
MV Museum Presents
1/12, 10 AM
For the Love of Kids – Old Toys and Games on Martha’s Vineyard
See Noteworthy for details.
Susan Klein Memoir Writing
6 classes, 1/12 – 1/30, 1:30 pm
To Register: 508-693-4140
Create your own personal memoir, a wonderful gift and treasure for your family and an amazing experience for you! See Noteworthy for more info.
Susan Klein Storytelling
1/24, 1 pm
Stories for a Brisk Afternoon, Susan Klein is known for her wit and wisdom, and has made her mark as a performer, storytelling coach, recording artist, encoder, workshop leader, education and corporate consultant, humorist and author. In short, she is a major force to be reckoned with and has made lasting changes in interactive experience and American storytelling.” Milbre Burch
MVP Partnership for Health/My Life My Health
1/25, 1:30 pm
Martha’s Vineyard Partnership for Health (MVPH) is a free program of Island Health Care (IHC), offering nationally-recognized evidence-based programs including My Life My Health. Mater of available to help OB-residents connect with programs and services available in the community to help meet your needs. Call Diane for an appointment.
The Senior Center will be closed on January 2nd after the New Year holiday, and on Monday, January 16th in observance of Martin Luther King Day.
Storm closings: When the Oak Bluffs School is closed, or has a delayed opening due to stormy weather, the Senior Center will also be closed or delayed in opening. Check the Oak Bluffs Town website, and WMVY radio, MV Times online, MV Gazette online for storm information.
Check Megan Alley’s weekly column in the MV Times Calendar section for updates!
MV Times December 29, 2016
55 Plus Community 89

Technology Workshop, UICOA
Call 508-693-2896 to register
1/19, 9:30-11 am.
Web designer Diane Holtt will give a brief introduction to cell phones, tablets, and laptops. Learn trouble shooting techniques and become more familiar with your personal devices. Bring one device only, fully charged and charging cable as a backup.

Friends of the Senior Centers are open to anyone, regardless of residence. 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.

Tisbury Highlights - 508-696-4205
Growth and Development Group
1/19, 9:30-11 am.
Call Ellen for further information.

Tisbury Senior Council, 508-696-4205
1/24, 1-2 pm
See Noteworthy section for more details.

Parkinson’s Caregiver Support Group
1/18, 10:30 am
Churchill Caregiver Support Group
1/19, 9:30-11 am. Call Ellen for details. Parkison’s Caregiver Support Group
Call Ellen for further information. Medical equipment loans
The COA has medical equipment for loan at no charge.
Notary Services
Notary services available free of charge. Call ahead.

Parkinson’s Caregiver Support Group
Call Ellen for further information.

MV Bodyworks
1/27, 1:30 pm.
Bring your personal devices. Bring one device only, fully charged. Bring your charging cable as backup. If you would like to stay for lunch at 12:30, please make a reservation.
MV Museum Presents “Life on the Island During World War III”
1/23, 1:30 pm
See Noteworthy section for more details.
Island-Wide Activities Calendar

Yoga for Seniors UICOA
Martha Abbott
Mon, 11:15 am
Fri, 10:30 am
Kanta Lipsky
Wed, 10:30
$10 per class
Yoga ECOA with Carol Aranzabe
Thurs, 8:30 am
Wisdom Healing Qigong, UICOA
Alison Parry, Instructor
Mondays, 5 pm. Cultivate source energy, awaken consciousness, activate healing, restore mind/body balance. For info call or text 508-397-1743. Free.

Exercise & Fitness

Gentle Yoga/Kripalu TCOA
Carol Aranzabe, instructor
Stretch, Strengthen, Balance
Fridays, 4 pm. Bring a mat. $10
Tai Chi with Tony, TCOA
(Tan, Sword, Baoding Balls)
Daisy will return in the Spring.
Tai Chi with Nan Doty ECOA
Thurs, 10-11 am, with tea following.
Chair Yoga, TCOA
Real Yoga with chair support
Virginia Herson, instructor
Tuesdays, 10-11 am, $5
Register at 508-696-4205

Gentle Pilates UICOA
On hiatus until January 30th
Toni Cohen, Instructor $10 per class

ECOA Got Strength? Strength Training with Lisa Amols
Tues, 8:30 am; Thurs, 3:30 pm
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 OBCCA
Friday mornings, 8:30 am
Group Exercise OBCCA
Monday & Fridays, 8:45 am
Exercise with Bill White OBCCA
Thursday mornings, 9:00 am

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

Dancing and Movement, OBCCA

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

Conversations with Bob Iadicicco OBCCA, Fri, 10-11:30 am

Friday Morning Conversations, OBCCA
1/6 & 1/20, 10 am
Refreshments

Lunch & Conversation ECOA
Thurs, 11 am

Call to join a group. 508-696-4205

Get Creative with Paint!
Supplies provided
TCOA, Thurs, 9-11 am

TCOA, 9-11 am

Watercolor Painting with Nancy Cabot
UCOA, Fridays, 1 pm

Create-a-Color - Coloring Book TCOA

Painters Group TCOA
Come paint with us!
Thurs, 9-11 am

Watercolor Painting with Nancy Cabot

Arts & Crafts

Mah Jong
ECOA, Tues & Fri, 1 pm

ECOA, Wed & Thurs, 1 pm

OBCOA, Mon, 1 pm

Scrabble
OBCOA, Fri, 9 am

Cribbage OBCCA
Fridays, 9 M

Men’s Cards OBCOA
Wed, 9 am

Bridge & Post Card Games OBCOA
Mon - Fri, 9 am

Cards & Games

Ladies Cards OBCCA Tues., 1 pm

ECOA, Thurs, 1 pm

Ladies Bridge OBCCA
With Sue Collison

Tues, 9:30 - 11:30

Board Games Day TCOA
Chex, Scramble, Checkers. What’s your game?
Wed-afternoons, Friday/mornings

Chair Massage with Ellen McMannis

UICOA, 8.1 per minute
1/6 & 1/20, 2-4 pm
Call 508-693-2898 for an appointment

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

Lunch & Wii Bowling, TCOA
Call for details and reservations, 508-693-1185.

See Noteworthy for info
Woodcarving OBCCA
Mon, Thurs, 9 am
Mindful Knitting ECOA, Mon. 3:30-5:30 pm.
Call 508-627-4368

Not an instructional group
Needlework ECOA, Thurs 2-4 pm

Knitting for Hospice, ECOA

Friday, 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 early, funky, rhythmic music
Call 508-693-2896

Strength Training UICOA, $8
(first class is free) With Katriyn Yendl Mon & Wed, 2-3 pm
Tues & Thurs 3:30 & 9:30 am

September, 9:00 am
Call 508-693-2896

Dancing and Movement, OBCCA

Discussion follows, listeners always welcome. Call 508-696-4205.

Poetry Readers, TCOA
1/9, 10 am
Poet: Kay Ryan
Facilitator: Jay Sigler

Poetry, Jill Jupen, ECOA
Thurs, 9:30 am

Breath Meditation TCOA
Tues, 11 am

Steve Powers, guide

Thirsty Club Book
Call 1/19, 1:30 pm
“Circling the Sam” by Paula McLain
Books available at the VH library.

Book Discussion, UICOA
On hiatus

TCOA, Thurs 2-4 pm

ECOA Women’s Book Group
1/25, 3-4:30 pm

TCOA, Thurs, 9-11 am

Supplies provided

Thursdays, 9-11 am

Get Creative with Paint!
Bruce Kissell, instructor
On hiatus until April

MV Museum Conversations
1/12, 1:30 pm

Writers Group, OBCCA
Wednesdays, 1-3 pm; Martha Child, instructor
Beginners and Practiced. Fun! We play a wide variety of music!

“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
Nutrition Program

MVCS Family Center, 35 Greenwood Ave, Vineyard Haven. Call 508-693-2896 for an appointment.

Social Security Video Display Program

MVCS Family Center, 35 Greenwood Ave, Vineyard Haven. Call 508-693-2896 for an appointment.

Elder Law Project:

Elder Law Project: 508-693-4500

Veteran’s Services, ECOA

Falmouth office, 855-881-0212

Veteran’s Services, ECOA

1/1, 10-11, UICOA

Elder Law Attorney Patty Mello

Space Limited (Medicaid planning, estate planning, asset protection, wills) Call 508-477-0267 for an appointment.

Free Legal Clinic

1/11, 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

1/23, 9:00-12:00, Hebrew Center, Vineyard Haven.

Information, coffee & discussion.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 to pre-register for an appointment.

Space limited (Medicaid planning, estate planning, asset protection, wills) Call 508-477-0267 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,

Vineyard Haven. Call 508-693-2896 for an appointment.

MVCS Family Center, 35 Greenwood Ave,