**TRAVEL NEWS**

Tisbury Travel Club, TCOA
Upcoming trips:
- BSO at Symphony Hall
  - Nov. 4 & 25, Jan. 13
  - Call Sandy: 508-696-4205
- “42nd Street” at the Providence Performing Arts Center, Saturday, March 26th
  - The quintessential backstage musical comedy classic: “42nd Street” includes some of the greatest songs ever written, such as “We’re In The Money,” “Lullaby of Broadway,” “Shuffle Off To Buffalo,” “Dames,” “Merry Old New York,” “Money,” “Lullaby of Broadway,” “We’re In The Money” and becomes a star. Named after Berkeley’s 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer 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 Revival, Roundtrip by Berkeley’s 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer 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 Revival, Roundtrip by Berkeley’s 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer 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 Revival, Roundtrip by Berkeley’s 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer 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 Revival, Roundtrip by Berkeley’s 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer 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 Revival, Roundtrip by Berkeley’s 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer 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 Revival, Roundtrip by Berkeley’s 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer 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 Revival, Roundtrip by Berkeley’s 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer 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 Revival, Roundtrip by Berkeley’s 1933 movie, 42nd Street tells the story of a starry-eyed young dancer named Peggy Sawyer 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
- “42nd Street” at the Providence Performing Arts Center, Saturday, March 26th
  - Lunch served promptly at 11:30
  - MENU
    - Harvest Squash Soup
    - Meatloaf Roulade
    - Peas & Carmelized Onions
    - Brownie Sundae
    - $12
  - Reservations are a must! Call 508-939-9440

**HOME DELIVERED THANKSGIVING MEAL**

If you will be alone or are unable to go out on the Thanksgiving holiday, please call your local Council on Aging to have a holiday meal delivered to your door. The meal is prepared at Martha’s Vineyard Hospital and delivered by volunteers in an oven and microwave safe container for you to heat at your convenience.

**REGIONAL LUNCHEON**

**MARTHA’S VINEYARD REGIONAL HIGH SCHOOL**

**CULINARY ARTS & MUSIC DEPARTMENTS**

CULINARY ARTS DINING ROOM

Thursday, November 10th
Music at 11:00
Lunch served promptly at 11:30

**MENU**

- Harvest Squash Soup
- Meatloaf Roulade
- Peas & Carmelized Onions
- Brownie Sundae
- $12

Reservations are a must! Call 508-939-9440

**CELEBRATING VETERANS**

Nov. 4th at 8:25 am
We will have a Veterans Day ceremony at the Oak Bluffs School.

Nov. 10th at 12 pm
We will dedicate at monument in West Tisbury.
Retransmit of Korea, Vietnam and the Persian Gulf.

**VETERANS DAY**

We will raise the flags on the Avenue of Flags in the Vineyard Haven Cemetery on Pine Tree Rd. at 7:30 am and take them down at 3 pm. The annual Veterans Day parade steps off from Nancy’s Restaurant in Oak Bluffs at 10:45 am exactly. A Veterans Day ceremony will also be held at Windemere at 1:30 pm. Volunteers are welcome to assist at the Avenue of Flags. Everyone is invited to attend these events.

**MARTHA’S VINEYARD PARTNERSHIP FOR HEALTH**

Offering FREE seminars on Stress Management, Diabetes and Foot Care.
contact ksmways@ihimv.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.

**SHINE News**

It is very important to review your Medicare options during this period.
You will have received a notice from your Prescription Drug or Medicare Advantage (HMO, PPO) Plan in September. Make sure you read this notice-it will explain the changes (premiums, copays, tiers) for your plan for 2017. During Open Enrollment, you have a chance to CHANGE your plan. Any changes will take effect January 1, 2017. SHINE Counselors can help you understand your plan’s changes, screen for assistance programs and discuss other options you may have. (Note: the open enrollment may not affect those with retiree coverage).
Call your senior center for an appointment with a SHINE counselor for this year’s open enrollment. Bring a list or bottles of your current medications to the appointment. If you are a couple, each individual will need an appointment.

**ELDER SERVICES OF CAPE COD & THE ISLANDS**

Nutrition Program
Senior Dining Centers

Reservations Required 48 hours in advance
- Tisbury, 508-693-8337 / Monday - Friday
- Up Island 508-693-2896 / Thursdays
- Oak Bluffs 508-693-4509 / Tuesday and Thursday

Meals on Wheels
508-693-4393
Call for information on how to receive Meals on Wheels, or to volunteer
Yoga for Seniors, UICOA
Martha Abbot
Mon. 11:15 am • Fri. 10:30 am
Kanta Lipsky
Wed. 10:30
$10 per class

Yoga ECOA with Carol Aranzabe
Thurs. 9:30 am
Wisdom 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. Free.

Gentle Yoga / Kripalu, TCOA
Carol Aranzabe, instructor
Stretch, Strengthen, Balance, Fridays, 4 pm
Bring a mat. $10

Tai Chi with Toys, TCOA
(Tai, Sword, Rashi Balls)
Daisy Taylor Lifton, instructor
Daisy will return in the Spring.

Exercise

Games

Ideas,
Books,
Plays

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

Conversations with Bob Iadlico, ECOA
Frid. 10:15 am

Friday Morning Conversations, ECOA, 11/4 & 11/18, 10 am
Refreshments

Lunch & Conversation
TCA, M-F 12:00
Call for reservation/4 hr. in advance
508-693-8317 (TCOA kitchen #)

Peter H. Lucy Play Readers
Society, TCOA, Wed. 9-12 noon
11/2 November by David Mamet
11/9 Best Man by Gore Vidal

Painters Group, TCOA
Come paint with us! Thurs, 9-11 am
Watercolor Painting with Nancy Cabor, UICOA, Fridays, 1 pm
Creative Color - Coloring Book, TCOA, Thurs, 9-11 am
Supplies provided

Get Creative with Paint!

Bruce Kissell, instructor
11/7 & 11/14. 10 am. Free/Limit 10
508-693-4205

MV Museum visits TCOA
11/10, 10 am
See TCOA Highlights for info

Woodarving ORCOA
Mon. & Thurs. 9 am

Mah Jong
ECOA, Tues & Fri, 1 pm

Scrabble
ECOA, Fri. 9 am

Cribbage ORCOA
Fridays, 9 M

Men’s Cards, ORCOA, Wed., 9 am

Hand & Foot Card Games, ORCOA
Mon - Fri. 9 am
Ladies Cards, ORCOA Tues., 1 pm
Rummy, ORCOA
Two Tues. & Thurs.
Ladies Bridge, ORCOA
With Sue Collison
Tues., 9:30-11:30
Board Games Day, TCOA
Chess, Scrabble, Checkers?

Rug Hooking, ECOA
Thurs. 1 pm

Mindful Knitting, ECOA, Mon. 4-6 pm.
Call 508-627-4368
Not an instructional group

Needlework, ECOA, Thurs 2-4 pm
Knitting for Hospice, ECOA
Tues., 10 am. Learn to knit and felt

Arts

Crafts

with friendly people. Refreshments.
All welcome

ECOA Women’s Book Group
11/30, 3-4:30 pm
Led by Bill Jupen. Nov. book TBA. Call 508-627-4368 to express interest and be on the email list.

Writers Group, UICOA
Tues. 10 am • noon
The Howes House Writers Group is back. New members of all skill levels are most welcome!

Ukulele Jammin’ TCOA
The Princess Poo-Poo-Ly Band
Wednesdays, 1-3 pm; Martha Child, instructor/Beginners and Practiced. Fun! We play a wide variety of music!

‘Purl Jam’, TCOA

Knitting and Conversation
Mon. 9-11 am

UFO’s: Unfinished Forgotten Objects, ORCOA
Fri. 1-2:30 pm
Karen Burke will help you start them again! Call 508-693-4509

‘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

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.

Windemere Nursing & Rehabilitation Center
508-862-1951 • www.windemeremv.org
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 p.m. M.V. Community Services Bldg, C Conference Rm 1. Info at www.mpvprostatecancer.org

Diabetes Support Group
11/21, TCOA. Call 508-696-4205 for information
Vineyard Isle Parkinsonians
Support Group
11/14, 10:30 am UICOA
Call Ellen for details 508-693-2896
Parkinson’s Caregivers’ Support Group

Information, coffee & discussion. Call 508-687-9281 to pre-register for childcare.
Cancer Support Group
Wednesdays, 12:00, Hebrew Center, Vineyard Haven

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 x211

Podiatry & Foot Care
Pedi-Care w/Michelle LeBlanc, RN
Call for an appointment: 508-693-8900

Veteran’s Services, ECOA
11/4, 10:30 am.
Call 508-627-4368 for an appointment

Funeral Consumers Alliance
1-802-865-8300. Information on end of life alternatives

Family-owned & Operated

• Blood Pressure Screening
• Personal Consultations
• Sick Room Supplies
• Prescription Drug Disposal Program

508-693-7979
vineyardscripts.com
MON–FRI 9–6, SAT 9–3
117 BEACH ROAD, VINEYARD HAVEN • AMPLE FREE PARKING