

Service Programs and Support Group Directory

Health Promotion

Blood Pressure & Wellness Clinics:
Aquinnah Town Hall, 12/26, 2-3
Chilmark Library, 12/20, 12:30-1:30
Edg Stop & Shop Pharmacy, 12/6, 12-2
Edg Town Hall, 12/13, 9-11
Edg COA, 12/26, 12-1:30
Oak Bluffs COA, 12/5 & 12/21, 12:00
Tisbury COA, 12/5, 10:00-11:00
Up-Island COA, 12/12, 11:00-1:00
Cronig's, 12/14, 1-3

Hillside Village, 12/6, 9:45-10:45
Woodside Village, 12/27, 11:30-12:30
Woodside Village II, 12/27, 12:45-1:45
Public Health Nurse Clinics:
 With Liz Sanderman, Public Health RN from VNA of Cape Cod
 Call your Council on Aging for info
TCOA, 12/14, 9:30-11:30
Vineyard Scripts, Beach Rd. VH
 Have your blood pressure checked any

day, any time.
Hearing Services, call in advance for an appointment.
OBCOA:
 12/12, 11 am, Call Rose, 508-693-4509 x3 for apt
UICOA: Vineyard Audiology Screenings & Repairs
 Call 508-457-9285 for appointment
Miracle Ear
 Call 508-457-9285 to speak to Audiologist Michelle Harris or to make an ap-

pointment.
 TCOA, 1/31/18
Podiatry & Foot Care
Pedi-Care w/Michelle LeBlanc, RN
 Call for an appointment: ½ hour appts, \$30
 OBCOA, 12/13, 9 am
 Call 508-693-4509 x3
 ECOA, 12/19, 1:30-3:30 pm
 508-627-4368
 UICOA, 12/18, 9 am
 508-693-2896

Insurance, Legal, Social Security

Health Insurance Counseling and Medicaid & MassHealth Info
S.H.I.N.E.
ECOA, 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

Vineyard Health Care Access Program, 508-696-0020
Elder Law Project:
South Coastal Counties Legal Services (Cape & Islands)
 Tom Kosman, Elder Law Attorney
 12/4, TCOA. Appointments starting at 9:30am.
 Call 508-775-7020 OR 1-800-742-4107 for an appointment
Free Legal Clinic

12/13, 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
 12/11, 9:00 am-12 pm
 Meet with a Social Security Rep via SKYPE in a private office at OBCOA

Call 508-693-4509 in advance for an appointment.
Social Security
 Falmouth office, 855-881-0212
Veteran's Services, ECOA
 12/1, 10:30 am.
 Call 508-627-4368 for an appointment
Funeral Consumers Alliance
 1-802-865-8300, Information on end of life alternatives

Food Services, Transport & Housing

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
 Christ United Methodist Church
 Church St. VH
 Info at 508-693-4764

\$35 annual senior bus passes available at local Senior Centers.
Medivan, 508-693-9440 (VTA)
 Tuesdays to Boston area medical services, \$30 round trip
American Cancer Society Road to Recovery
 1-800-227-2345, for cancer patients
Medical Taxi (Cape Cod medical appointments)
 Call 508-939-9440

Subsidized housing for seniors & disabled.
Windemere Nursing & Rehab, 508-696-6465.
 Long term care nursing home facility, Medicaid accepted.
Havenside Apartments, 508-693-2280
Henrietta Brewer House, 508-693-4500
 Assisted Living, private pay
 Longhill, 508-627-7791
 Assisted Living, Private pay, Long Term Care Insurance accepted.
Vineyard Village at Home (VVAH)

Referrals, Transportation & Assistance
 With independent living
 Info & to join call 508-693-3038, vineyardvillage@gmail.com
MV Center for Living Supportive Day Program
 Eileen Murphy, 508-627-0207
 A social program for those needing supervision and socialization
 Respite for family caregivers
Caregiver Homes of Massachusetts
 In-home care and care management, income guidelines apply
 Cape & Islands Branch, 774-212-5764
 www.caregiverhomes.com

Support Groups & Counseling

CORE
 Counseling, Outreach and Referral for the Elderly
 Call the Outreach Worker at the Council on Aging in your town or Lindsay Famariss at MVCS Island Counseling Center, 508-693-7900
Martha's Vineyard M S Self Help Group
 Call 508-693-3193
Prostate Cancer Support Group
 3rd Wednesday, 4 pm
 M.V. Community Services Bldg. C/Conference Rm 1. Info at www.mvprostatecancer.org. Alan Ganapol, Facilitator, 914-318-1477 (mobile)
Diabetes Support Group
 12/18, 1 pm, TCOA

Speaker: Elizabeth Sanderman, RN
 Call 508-696-4205 for information
Vineyard Isle Parkinsonians Support Group
 12/11, 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
 Wednesdays, 9:30 am & 11 am
 Featherstone Center for the Arts
 Call Victoria Haeselbarth, 508-627-4368 x15
Memory Café
 Every Thurs, 10 am
 American Legion Hall, VH

Music, conversation, laughter, companionship. Light refreshments. Drop in. Free of charge
 Call Leslie Clapp 508-939-9440 or Nancy Langman 508-498-1948 for info
Dementia Caregiver Support Group
 Second & Fourth Fridays, 9:15 am – 10:45 am
 Tisbury Senior Center
 Call Leslie Clapp 508-939-9440
Caregiver Support Group
 First & third Thursdays, 10:30 am
 MVCS Island Counseling Center
 Call Allison McKinley 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.



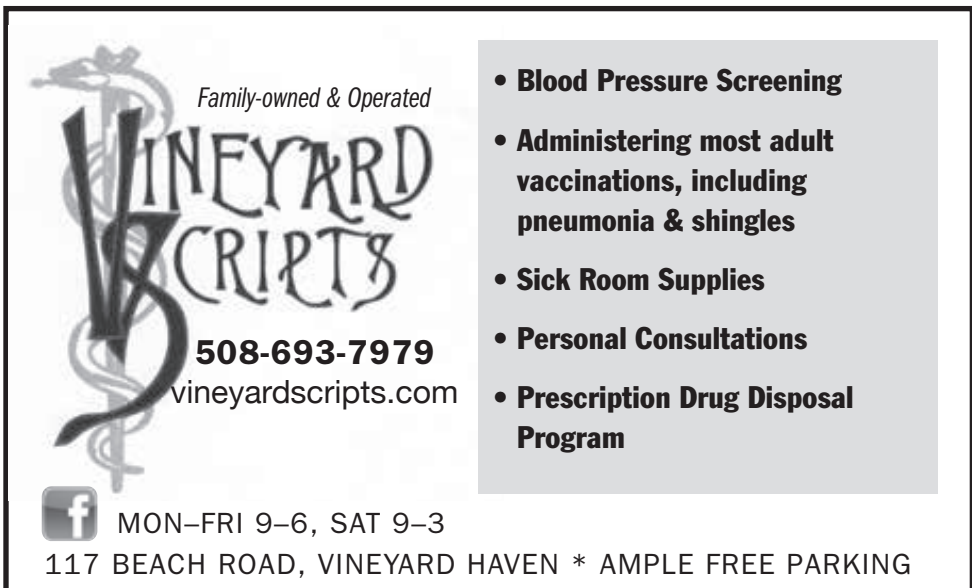
Vineyard Audiology is hear to help, year round.

Offering Expertise with Integrity
 508-696-4600

20 Indian Hill Rd,
 West Tisbury

Rejuvenate your Hearing

vineyardaudiology.com



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VINEYARD SCRIPTS

508-693-7979
vineyardscripts.com

- Blood Pressure Screening
- Administering most adult vaccinations, including pneumonia & shingles
- Sick Room Supplies
- Personal Consultations
- Prescription Drug Disposal Program

MON-FRI 9-6, SAT 9-3
 117 BEACH ROAD, VINEYARD HAVEN * AMPLE FREE PARKING

Island-Wide Activities Calendar

Exercise & Fitness

Yoga for Seniors, UICO
\$10 per class.
w/ Martha Abbot.
Mon & Fri, 10:30 – 11:30 am
w/ Kanta Lipsky
Wed. 10:30-11:30 am

Yoga w/ Carol Aranzabe, ECOA
Thurs. 8:30 am.

Wisdom Healing Qigong,
UICOA
Mon, 5 pm. Free. Allison Parry,
Instructor. Cultivate source energy,
awaken consciousness, activate healing,
and restore mind/body balance.
For info call or text 508-397-1743.

Morning Yoga, TCOA
Tues, 11-12 am. \$8. Virginia Iverson,
instructor. Chair or bring your own
mat. Register at 508-696-4205

Kundalini Yoga/Breathe Meditation,
TCOA
** On break, back after New Year **
Tues, 11 am. Steve Power, guide. \$4
New and practiced welcome, bring
a mat or blanket.

Kundalini Yoga, TCOA
** On break, back after New Year **
Wed, 4-5:15 pm

Steve Power, guide, \$10
Bring mat or thick towel

Gentle Yoga/Kripalu, TCOA
Thurs. 4-5:15 pm
Carol Aranzabe, instructor, \$10
Stretch, Strengthen, Breathe, Balance.

**Tai Chi Fan & Sword
/Chi Gung**, TCOA
Thurs. 9-10:15 am. Sharry Grunden,
instructor. Beginners and Practiced.

Tai Chi with Nan Doty, ECOA
Thurs, 10-11 am, with tea following.
Call Wendy for details, 508-627-4368.

**Got Strength? Strength Training
with Lisa Amols**, ECOA
Tues 8:30 am & Thurs 3:30-4:30 pm
Be strong, flexible, fit, and happy! Call
Lisa, 508-693-1009 before first class.
Punch cards available. Join anytime.

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

Dancing and Movement, OBCOA
Fri, 1-2:30 pm.
A great way to exercise, improve
mobility and balance and have fun!

Dance FREE! UICOA

Tues, 3-4. No money, no teacher, no
instructions. Dance to catchy, funky,
rhythmic music. Call 508-693-2896

Strength Training, UICOA, \$8
With Katryn Gilbert (First class is free)
Mon & Wed, 5:30 pm. Tues & Thurs,
8:30 & 9:30. Saturdays, 9:00 am
Call 508-693-2896

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

OB Exercise Classes, OBCOA
Mon., 8:45 am Group Exercise
Thurs., 9 am w/ Bill White

NEW - Fitness with Catie Blake,
TCOA
Tues, 9:30 am. Thurs, 10:30 am.
Balance & Fall Prevention. Free.
Equipment provided.

Strong & Steady Exercise, TCOA
with Kat, Mon, 10 am

Walking Club, OBCOA
Tues, 10-11:30 am
Free. Meet at OBCOA
(weather permitting)

Bowling at Bowl, Barn & Bistro,
TCOA
12/4, 11:30-1:30. \$10. FUN!

1 hr bowling & gourmet lunch
Call to register by 11/30.
TCOA 508-696-4205

**Aquatic Exercise Class
Mansion House Pool**
Call Mansion House for info.
508-693-7400

YMCA Senior Fitness Classes
Free with Y membership or daily use fee.
Go to www.ymcamv.org for info and
program guide.

**Rising Tide Therapeutic
Equestrian Center**
Participate in facilitated interactions
with our 4 legged friends.
Call 508-693-1185 for info.

MELT Method Classes, UICOA
11/28 & 12/5, at 1pm. \$15
Instructor: Valerie Sonnenthal
See UICOA Highlights for details.
Space limited. Call 508-693-2896

**Chair Massage with Ellen
McMannis of MV Body Works**,
UICOA
12/1 & 12/15, 10am – 12pm.
Promotional discount rate of \$20
for 20 minute session.
Call 508-693-2896 for an appointment.

Ideas, Books, & Plays

Coffee & Conversation
M-F, 8:30 am, OBCOA

Discussion Group, UICOA
Tues., 9:30 am
Open discussion, all welcome.
Call 508-693-2896 for information.

**Conversations with
Bob Iadicicco**, OBCOA
Fri., 10-11:30 am

**Friday Morning
Conversations**, ECOA
12/1 & 12/15, 10 am
Refreshments.

Lunch, TCOA

M-F, 12:00
Call for reservation/48 hr. in advance
508-693-8337 (TCOA kitchen)

**Peter H. Luce
Play Readers Society**, TCOA
Wed, 9-12 noon
Producer: Nora Nevin
12/6 Curse of the Ruling
Class; Director: Felicity Russell
12/13 Buried Child;
Director: Jill Jupen
12/20 Fool for Love;
Director: Elaine Eugster
12/27 True West; Director: Nora Nevin
Discussion follows and Listeners always

welcome. Call 508-696-4205 for info.

Poetry Group, TCOA
12/4, 10am
Rise Terney, facilitator
Featured poet: Lucia Gordell Getsi, from
her collection "Intensive Care."

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

Tisbury Book Club
Books available at the VH library.
Call 508-696-4205 for information.

Book Discussion Group
Edgartown Public Library, Call Lisa,
508-627-4221 for information.

**ECOA Book Group
for Women & Men**
12/27, 3pm, with Jill Jupen
December book TBA. Refreshments.
Call 508-627-4368.

Howes House Writing Group,
UICOA
Tues, 11:00 am – 1:00 pm.
All levels welcome! Bring lunch.

Ukulele Players,
TCOA
Weds, 1-3 pm
Martha Child, instructor
All levels welcome.

Arts & Crafts

**Watercolor Painting with Nancy
Cabot**, UICOA
Fri, 1 pm. Beginners welcome!

Creative Coloring Book, TCOA
Thurs, 9-11 am
Supplies provided

Creative Painting 101, TCOA
Bruce Kissell, instructor.
Register now for 2018 class.

Call 508-696-4205

Creative Painting 102, TCOA
Bruce Kissell, instructor
Mon, 12/4, 10 am
(Original Class)

Woodarving, OBCOA
Mon. & Thurs., 9 am

Needlework, ECOA, Thurs 2-4 pm

Mindful Knitting, ECOA
Mon, 3:30-5:30 pm. Call 508-627-
4368
Not an instructional group

Knitting w/ Nancy Merjos, OBCOA
Thurs, 1:00 pm
Call 508-693-4509

Knitting for Hospice, ECOA
Tues., 10 am, Learn to knit and felt

Knitting & Conversation, TCOA
Mon, 9:30-11:30 am

Unfinished Forgotten Objects,
OBCOA
Fri, 1-2:30 pm
Bring projects you've been putting off to
finish on your own or with the group!
Call 508-693-4509

Cards & Games

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

Scrabble, OBCOA
Fri. 9 am

Cribbage, OBCOA
Fri, 9 am

Men's Cards, OBCOA
Wed., 9 am

Hand & Foot Card Games, OBCOA

Mon - Fri, 9 am

Ladies Cards, OBCOA
Tues., 1 pm

Rummy, OBCOA
Tues & Thurs, 1 pm

Ladies Bridge, OBCOA
Tues., 9:30-11:30

Board Games, TCOA
Chess, Scrabble, Checkers? What's your
game?
Wed/afternoons, Fri/mornings

Call to join a group. 508-696-4205

Party Bridge, TCOA
Fri, 1-4 pm
Call Trudy for seating: 508-627-6719

Duplicate Bridge, TCOA
Mondays, 1:15-5:00 pm
Call Gayle for info: 508-627-5476

**Duplicate Bridge for Beginners,
with Dan Cabot**, UICOA
Fri, 1:30-3:30 pm
No fee. Attendees purchase course notes

(\$10) to cover printing.
Class limited to 8. Pre-registration re-
quired
For info email Cathy Minkiewicz,
cminkiewicz@verison.net

Non-Sanctioned Duplicate Bridge
Thurs.12-3. Contact Carol at fligors@comcast.net for seating or call 508-627-
4722.

Bingo OBCOA,
Wed., 12/13, 1-3 pm & 6-8 pm

Martha's Vineyard Partnership for Health (MVPH)

The MVPH is joining our host the Chilmark Library in offering a FREE 4-week physical activity series.

WHAT: Guided Qigong for Beginners. Each class builds on the previous one.
WHERE: Chilmark Library, Chilmark.
WHEN: 11-12 Noon, four Wednesdays.

from Nov 29-Dec 20.
WHO: The MVPH Certified Nurse Educator is also a Qigong instructor!
HOW MUCH?: It's FREE.

BONUS OFFERING: 12-1:00 PM. Information sessions each week. Know Your Numbers, Are You at Risk for Diabetes, Stress Management,

and Diabetic Foot Care.

Please register with Kathleen at 508-627-5797 x 114 or ksamways@ihimv.org

!NOTEWORTHY

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.

Holiday Observances

COA's will be closed on 12/25/17 and 1/1/18. Enjoy the Holidays and Happy New Year!

MVRHS Minnesingers Annual Holiday Performances

Many chances to enjoy beautiful music! Please call to sign up for COA performances.

ECOA, 12/5, 12:15 pm.

Call 508-627-4368

TCOA, 12/10.

Call 508-696-4205

UICOA, 12/21, 1pm.

Call 50-693-2896

Old Whaling Church

12/8, 8 pm, all tickets \$15

12/9, 4pm, \$15 adults, \$10 children and seniors,

Children 12 & under – Free!

Tickets for Old Whaling Church shows can be purchased at Our Market, Leslie's Pharmacy, Alley's General Store, by phone at 508-627-4440, online at mypreservation.org, or from any Minnesinger!

MV Museum Presents: Portuguese Christmas!

12/18, 1:30 pm, UICOA

Do you remember the caravan of carolers who would sing door-to-door in the Portuguese tradition on Christmas Eve (approx, 1915-1960)? Did you stay up late to await their arrival and offer them treats on their journey? Come learn about this joyful and heartwarming tradition. We'll try the *brinquinho* (the dancing dolls instrument traditionally played), hear oral histories and sample Portuguese sweets. Bring examples of your own holiday traditions to share and remember.

Alzheimers Presentation and Lunch with Abe Seiman, UICOA

1/23/18, 12:30pm. Free. Registration required. Call 508-693-2896. Join licensed social worker, Abraham Seiman, as he discusses "What Everyone Should Know about Alzheimer's Disease". Topics will include 1) What is Alzheimer's disease?

2) What research has shown until now 3) A short test to determine the extent of impairment (interactive audience participation) 4) Practical ways to limit the progression of Alzheimer's Disease. Lunch will be provided. Sponsored by the Friends of UICOA.

"Bridges Together" OBCOA and OB Elementary School Second Grade Collaborative Reading Program
OBCOA is looking for senior volunteers to work with the Oak Bluffs School Second Grade Collaborative

Edgartown Highlights - 508-627-4368

Paul Mohair, Administrator
Hours: 9 am-4 pm

Please call to sign up for all programs. See our newsletter at www.edgartowncoa.com for more information.

Lunches Noon

\$2 Tuesday- Sandwich, soup, dessert
\$5 Friday- Entree, soup, dessert
Stay tuned here in "the 55," and also please visit our website for upcoming programming changes.

MVRHS Minnesingers Performance

12/5, 12:15/12:30 pm. Call, 508-627-4368, to sign up for lunch and performance.

Elder Law with Attorney Tom Kosman

12/4, by appointment, starting at 10. Call 508-627-4368.

Bowlers!

12/4, Join our team to challenge TCOA at the Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, dessert included, \$10.

Call 508-627-4368 to sign up.

Anchors Holiday Open House

12/8, 11:30-1:30, Chili Bar, music, fun.

Poetry Reading

12/12 following lunch, 12:45, our MV Poets Collective members read their compositions. Every Thursday 9:30-11:30, poet Jill Jupen introduces the work of a new poet. All ages, welcome.

SHINE Appointments with Bill Glazier

Call for appointments, 508-627-4368.

On Display in December

Handmade works by our own Mindful Knitters, Knitters for Hospice, and Needlepointers. Meet the groups at lunch, 12/15.

Non-Sanctioned Duplicate Bridge

Thursdays, 12-3. Contact Carol by email for seating at fligors@comcast.net,

or call 508-627-4722.

Friday Morning Conversation Group
ECO, 12/1 and 12/15, 10 am. Refreshments.

Adele Dreyer Holiday

Piano Sing-a-Long
Get in the spirit with our lovely Adele, 12/19 during lunch.

ECO Book Group for Women and Men

12/27, 3 pm, led by Jill Jupen. December's book TBA. Refreshments.

File of Life Cards Available at Anchors

Please ask at the desk for wallet sized and refrigerator magnets.

Pedi-Care

Call for Foot Clinic appointment Michelle LeBlanc, Tuesday, 12/19, ½ hr apts, 1:30-3:30. \$30, 508-627-4368.

Oak Bluffs Highlights - 508-693-4509

Rose Cogliano, Director
Hours: 8:30 am-4 pm

OBCOA Holiday Observances

12/25/17 – Christmas Day.
1/1/18 – New Year's Day.

Threshold Choir

12/4 & 12/18, 1pm No experience needed. Just the desire to sing!

Men's & Ladies Luncheon

12/6, 12 Noon. Call Rose to make a reservation.

Coffee with the Chief

12/15, 10 am
Conversations and coffee with OB Police Chief Erik Blake.

Animal Companions

12/11, 1 pm

Friends of the OBCOA

and Board of Directors Meeting

Next meeting April 2018. Come be a part of Team OB!

NEW PROGRAM – Chair Yoga with Kat

Tues 10 am and Thurs 10:30 am. \$5 per class
A new and exciting addition to our programming! Kat has years of experience! Come and join in the fun!

Trip to the North End in Boston!

12/7 All day. \$80. 30 person limit. Registration required. Call Rose.
The Friends of the OBCOA are sponsoring a trip to the North End in Boston. Boston is wonderful to visit, particularly during the Holiday Season. The cost is \$80.00 per person, which includes bus fare and a luncheon at the fabulous Lo Conti's Restaurant!

NEW PROGRAM – OBCOA Walking Club

Tuesdays (weather permitting) 10 – 11:30 am
Led by Sandy Blythe and Lloyd Henke. The group meets at the OBCOA and walks around town, ending back at OBCOA. Free of charge, bring a bottle of water and wear comfortable shoes!

Senior Volunteers Needed!!

Senior volunteers needed to work with the OB School's Second Grade Collaborative Reading Program of "Bridges Together" that begins on 1/19/18. Contact Rose for more info.

Read Megan Alley's Oak Bluffs column in the Calendar section each week for updates and additional information!

Tisbury Highlights - 508-696-4205

Joyce Stiles-Tucker, Director
Hours: 8:30 am-4:30 pm

Annual Holiday Party!

Sunday, 12/10, 2-4 PM. All are welcome to the annual holiday party. Special guest storyteller Susan Klein will talk about memories of past Holidays. The Minnesingers will join to sing their holiday favorites. Door prizes and refreshments! Call 508-696-4205.

Celebrate National Red Apple Day!

Friday, 12/1. Sponsored by Friends of the TCOA. Everyone is invited!
Do you know that December 1 is Eat a Red Apple Day in the US? It's an unofficial holiday that celebrates one of the healthiest fruits available in nature's pantry and it gives us a

reason to celebrate with a party! Stop by our senior center at 2:30. We'll have cider and cider cookies for you to enjoy plus a short story by Susan Klein. Free, call 508-696-4205 to let us know you're coming so we can set up the room with enough tables and chairs. Stop by even if you forget to call!!

Start your New Year resolution for better health with:

Strong and Steady Exercise

Mondays, 10 AM. Kat LeBlanc, instructor-
New! This new exercise combines Yoga for balance, flexibility and strength; Meditation/Mindfulness for stress and relaxation; Danc-

ing for movement, balance and stamina; Good old fashion play for community connection and fun; Music that students can connect with. 1 hour, \$5.

Balance & Fall Prevention Exercise

Tuesdays, 9:30 AM, Thursdays, 10:30 PM.
Catie Blake, guide and instructor

Gentle Yoga

Thursdays, with Carol Vega

Stretch, Strengthen, Breathe, Balance

4:00-5:15, \$10. Bring mat

Tai Chi Fan & Sword/Chi Gung

Sharry Grunden, inst. Thursdays, 9-10
Materials provided.

Up-Island Highlights - 508-693-2896

Joyce Albertine, Director
Hours: 8:30 am - 4:00 pm

Belly Dance Performance

12/7, 1pm.
Enjoy a belly dancing performance by Patricia Scuzs. The performance will follow our optional weekly lunch at 12:30pm. Reservations for lunch required by 12/4. Audience participation encouraged! Call to RSVP and for details.

High School Minnesingers

12/21, 1pm.
Sing along with the MVRHS Minnesingers. The performance will follow our optional weekly lunch at 12:30pm. Reservations for lunch required by 12/18. Call to RSVP and for details.

MELT Method Class

with Valerie Sonnenthal

12/5, 1pm. \$15. Space limited. Pre-registration required.
Learn simple daily self-care techniques to reducing inflammation, ease chronic neck and low back strain, improve structural alignment, and learn how to keep your whole body feeling better at any age. Use soft foam rollers and small MELT hand and foot balls to rehydrate connective tissue. Feel free to bring your own mat. Rollers and balls provided. Bring water and wear comfortable clothes.

Free Reiki Clinic

12/12, 11am – 1pm.
Call to make an appointment.
Reiki is an ancient light-touch therapy that re-

stores balance for physical, mental, emotional, and spiritual healing. It is known to release fatigue, stress and pain while strengthening the immune system. It is a safe, natural and non-invasive and is helpful for relaxation, revitalization, injuries and chronic pain.

Outreach Services

Ellen Reynolds is available to meet about community resources Mon.- Fri. 9a.m.-3 p.m. The COA has medical equipment they may loan, notary services, and can assist you with filling out a File of Life card all free of charge. Joyce Bowker is the UICOA SHINE Counselor and is available to assist with health insurance questions.



A monthly newsletter from your local Councils on Aging and the Martha's Vineyard Center for Living, PO Box 1729, Vineyard Haven, MA 02568, Tel: 508-939-9440. Edited by Leslie Clapp

December 2017 - Vol. 21, Issue 12

SHINE NEWS

Medicare Open Enrollment October 15 – December 7

Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment began October 15th and ends December 7th. Please make sure you review your 2018 Medicare options during this period.

During the Annual Open Enrollment you will have a chance to change your plan. This change will take effect January 1, 2018. SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period

you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

Appointments fill up fast! Call the senior center and make an appointment with a SHINE counselor for this year's open enrollment. Make sure you bring a list (or bottles) of your current medications to the appointment and if you are a couple, please ask for 2 appointments. If we are unable to fit you in during this short period please call the regional SHINE office in Barnstable Village at 508-375-6762.

TRAVEL NEWS

Historic North End in Boston, OBCOA

12/7, \$80 per person
Cost includes bus fare and luncheon at the fabulous Lo Conti's Restaurant. Sponsored by the Friends of OBCOA. Call Rose to sign up and for more details, 508-693-4509 x3. Boston is beautiful during the holiday season. Only 30 spots available, so don't wait!

Falmouth Shopping Trip, UICOA

12/13, 8:15am boat leaving, 5:00pm returning. Call 508-693-2896.

On Your Feet! The Story of Emilio and Gloria Estefan, UICOA

2/3/2018, \$125 per person
Providence Performing Art Center, lunch at Blake's Tavern. Price includes round trip motor coach transportation, lunch, ticket, and all gratu-

ities. Participants are responsible for their own boat ticket.

"On Your Feet!" takes you behind the music and inside the real story of this record-making and groundbreaking couple who, in the face of adversity, found a way to end up on their feet." Call 508-693-2896 for more details.

Daniel Webster Estate Tour & Winslow House

6/10/18
The Winslow House is on the National Registry of Historic Places. Owned by Daniel Webster, it survives as an example of how the well-to-do lived prior to the American Revolutionary War. The trip includes a visit to the Daniel Webster Heritage Center. Enjoy an Afternoon Tea (appetizers, finger sandwiches, dessert, tea). The DWH has beautiful gardens of peonies and iris. Call: 508-696-4205.

HOME DELIVERED HOLIDAY MEAL

Enjoy a meal delivered to your door on Christmas Day

If you are alone or will be unable to go out, call your local Senior Center no later than December 20th to order your holiday meal:

Edgartown 508-627-4368 • **Oak Bluffs** 508-693-4509
Tisbury 508-696-4205 • **Up-Island** 508-693-2896

A volunteer will deliver your meal on Christmas Day in an oven/microwave-safe container for you to heat up at your convenience.



SEE THE THIRWOOD DIFFERENCE SPACIOUS LIVING IN A BEAUTIFUL SETTING

ALL INDEPENDENT AND ASSISTED LIVING RENTAL APARTMENTS FEATURE:

- Reasonably Priced Flexible Options
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- Village Apartments up to 1700 sq. feet
- Full Kitchen
- Patio/Balcony
- Washer/Dryer
- Ample Storage
- Golf Privileges
- Supportive Care
- 24-Hour Security
- Multiple Dining Choices
- Fitness Center with Heated Indoor Pool
- Social & Physical Activities
- Weekly Housekeeping
- Linen Service
- Transportation
- Health & Wellness
- Move-In Coordinator

To learn more about our flexible rental options at Thirwood Place, visit us online at ThirwoodPlace.com or stop by and join us for a casual tour to experience the Thirwood difference.



(508) 398-8006

237 North Main Street
South Yarmouth, MA 02664

www.ThirwoodPlace.com

Thirwood Place is owned and operated by a local family business spanning four generations, built on integrity and the value of family and friends.

VETERANS SERVICES WREATHS ACROSS AMERICA

On Friday, December 15th, 2017 members of the island community will gather together to honor veterans during the holiday season as part of the annual Wreaths Across America Program. American Legion Post 257 in Vineyard Haven has volunteered to conduct the ceremony at Oak Grove Cemetery's Avenue of Flags directory starting at 11 am.

Seven ceremonial wreaths will be placed to remember all soldiers, sailors, airmen, and marines who served, honor their sacrifices, and teach our younger generations about the high cost of our freedoms. Specially designated wreaths for the Army, Marines, Navy, Air Force, Coast Guard, Merchant Marine, and POW/MIA will be placed on memorials during a ceremony that will be conducted at over 600 participating locations all across the Country.

December 16th will mark the 25th anniversary of Maine wreaths being donated and placed on headstones at Arlington National Cemetery in Arlington, Virginia. 2017 is also the thirteenth

year of the national wreath sponsorship campaign under the guidance of the non-profit WreathsAcrossAmerica.org that will bring the same remembrance wreaths to National and State Veterans cemeteries in all 50 states, veteran monuments, schools, and community centers all across the Nation. You may donate a wreath by going to their website.

All these specially made wreaths are donated by Worcester Wreath Company in Harrington, Maine. All are welcome to this ceremony. Please call 508-693-6887 if you have any questions. You may also go to www.wreathsacrossamerica.org for more information.

The Wreaths Across America mission can be recounted in this simple statement:

Remember –Honor and Teach
Remember the fallen
Honor those who served and
Teach our children the value of freedom.

"The nation which forgets its defenders will soon be forgotten." Calvin Coolidge



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 and referrals

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 respite for families and caregivers.