

55Plus

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

January 2019 - Vol. 23, Issue 1

ELDER LAW

Make a resolution to talk to your proxy agent

By Arthur P. Bergeron.

Elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

As Will does not avoid probate, but it governs who will get your assets owned in your sole name. To avoid probate, you need to structure things so that, when you die, your assets pass automatically. Here are some ways to avoid the probate process:

Name a Beneficiary: IRAs, life insurance, etc., for bank and brokerage accounts use (POD) or (TOD) designations.

Own assets jointly: Title passes automatically to the surviving joint owner.

Use Deed with Retained Life Estate: You can give a "remainder" interest to a person and reserve a "life estate" for yourself.

Don't Forget Trusts: Which also provide asset protection.

Give assets away early: Don't give away

things you might need. One variation is to have your Power of Attorney agent give your property away just before you die.

Deal with the car: If you die and your spouse survives you, it is presumed that he/she is the surviving joint owner, otherwise, there needs to be probate. The most common way to avoid this is to name a joint owner, however, you may want to get additional auto insurance.

If you need more information on this, you can contact me at (508) 860-1470 or abergeron@mirickoconnell.com. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube channel, www.YouTube.com/ElderLawFrankAndMary.



SEE THE THIRWOOD DIFFERENCE
SPACIOUS LIVING IN A BEAUTIFUL SETTING

ALL INDEPENDENT AND ASSISTED LIVING
RENTAL APARTMENTS FEATURE:

- Reasonably Priced Flexible Options
 - One & Two Bedroom Apartments up to 900 sq. feet
 - 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.



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

(508) 398-8006
237 North Main Street
South Yarmouth, MA 02664
www.ThirwoodPlace.com

VA NEWS

Gulf War Illness:
Here's an App for That

Gulf War Veterans may have unexplained illnesses related to their service in Southwest Asia. These illnesses are referred to as a "chronic multi-symptom illness." The symptoms vary from fatigue to respiratory disorders. To help you address questions about these health effects, VA offers the Exposure Ed mobile app.

VA's Exposure Ed mobile app is designed to answer questions about military-related exposures and exposure-related benefits and services. Originally intended for VA and community providers treating Veterans, it is available to any-

one. Veterans can identify their potential exposures and related health effects by either conflict, date, or location. They can locate the VA facilities and exposure-related programs nearest to them.

"This is definitely a great app for Veterans to use to get a better understanding of what they were possibly exposed to during their military career as well as what the VA has to offer," said one Veteran.

Anyone can download the free app for any Apple iOS or Android device and get the information you need on presumptive service-connected health conditions and diseases.

SHINE NEWS

Are you or someone you know turning 65 soon?

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 2-3 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. If you are covered by a group health plan through the company you or spouse is still actively working (not Cobra) you may delay taking Medicare Part B at 65 without

a penalty. However, if the employer has less than 20 employees then Medicare is primary and the employer coverage is secondary. In this case you may need to have Medicare Parts A and B for complete coverage. This is only one example- each situation is unique and more questions need to be asked, options to look over and costs to compare. That is why it is very important to sit down with a SHINE (Serving the Health Insurance Needs of Everyone) 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 or someone you know will be turning 65 soon please call the senior center to make an appointment with a SHINE counselor or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at 508-375-6762.

AARP Tax Aide Program 2019

Volunteers, certified and trained under the AARP Tax Aide Program, will again offer free income tax preparation assistance for taxpayers, with a special emphasis on taxpayers sixty and older. Appointments may be scheduled by calling the local Councils on Aging.

DATES:
03.04.19
Up Island Council on Aging, Howes House 508-693-2896
03.07.19
Edgartown Library
Call Edgartown COA for appointment 508-627-4368
03.11.19
Tisbury Council on Aging 508-696-4205
03.13.19
Up Island Council on Aging Howes House: 508-693-2896

03.18.19
Tisbury Council on Aging 508-696-4205
03.21.19
Oak Bluffs Library
Call Oak Bluffs COA for appointment 508-693-4509 x3
03.25.19
Edgartown Library
Call Edgartown COA for appointment 508-627-4368
03.28.19
Oak Bluffs Library
Call Oak Bluffs COA for appointment 508-693-4509 x3

Taxpayers are requested to bring last year's tax return and all 2018 tax forms (W2, SSA-1099, and other 1099 forms, including real estate taxes), and are requested to complete the Information Questionnaire that is available at each Council on Aging.

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.

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.

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

Coffee with a Cop
2/12, before lunch, 11 am, Officer Will Bishop at Anchors, Q and A, and trivia!

Cell Phone Class with Wendy and Meris
Having trouble working your cell phone? Join us 2/6 at 1 pm and we'll figure it out together.

February's Artist of the Month
Roy Meekins, an Edgartown native, will present dozens of historic photographs

of the early active Edgartown waterfront. Views from Tower hill, Chappy to the old Lighthouse, including fish shanties, cat boats, and ferries. Meet Roy at lunch on 2/22.

ECOArt Club - New Classes
Mondays, 9:30-10:30. 2/4, Drawing with Deirdre DeCarion; 2/11, Reflective Light with Dianne Holt; 2/25, Watercolor Greeting Cards.

Adult CPR and First Aid with the Edgartown Fire Department
2/25 from 12-2 at the Anchors. Free to Edgartown seniors. Limited openings.

Health Screenings with Lila Fisher, Public Health Nurse
2/26, 12-1 pm at the Anchors.

Our Needlepointers want to invite you
Thursdays, from 2-4. Bring any project that you are working on — does not have to be needlepoint. The more the merrier!

Edgartown Bowlers
No February bowling. Resumes 3/4.

Ear Wellness
2/11, with Shawn Woodbrey, licensed hearing aid specialist. Appointments begin at 9 am. Hearing tests, 30 minutes; general ear check and hearing aid checks, 15 minutes, no cost. Call Wendy for appointments, 508-627-4368.

Movie and Popcorn
2/27, 1 pm, "The Wife."

Oak Bluffs Highlights - 508-693-4509

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

Coffee with the Chief 2/8, 10 am
Coffee and Conversation with OB Police Department Chief Erik Blake

Animal Companions 2/11 & 2/25, 1pm.

Threshold Choir 2/4 & 2/19, 1pm.
No experience needed, just the desire to sing!

Friends of the Oak Bluffs Council on Aging
Next meeting April 2019. The OBCOA and Friends of the OBCOA want to thank all who participated in our

North End Trip in December 2018. A trip will be run again in 2019.

Comsog Greenhouse & OBCOA Gardening Club Fri. 10-12
Special Oak Bluffs COA membership rates are \$35.00 per person, and \$45.00 per couple! Call Rose at 508-693-4508, ext 3 or Diane Sylvia of Comsog at 508.627.2791 for info regarding membership.

OBCOA Walking Club
Tues. (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!

Men's & Ladies Luncheon 2/7, Noon
Call Rose to sign up!

Chair Yoga Dance with Kat, \$5 per class Tues., 10 am. Thurs., 10:30 am.

Men & Ladies' Poker Group
Call Rose if you would like to play and are interested in creating a group.

The Oak Bluffs Council on Aging will be closed on Monday, February 18th, 2019 in observance of President's Day.

Tisbury Highlights - 508-696-4205

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

Tom Dresser Book Talk "Women of Martha's Vineyard" 2/15, 1:30 pm.
Generations of women have traveled to Martha's Vineyard to find solace in its calming waves and varied shoreline. Polly Hill is now known for her arboretum. Emily Post taught us good manners. Dorothy West wrote novels that captured the beauty of the island. Many prominent and capable women set down roots and contributed to the fabric of the island community. Tom Dresser will present biographical sketches of women who were bound by their love the island.

Energizing Relaxation with Steve Power Tues, 1:30-2:30 pm.
Energizing relaxation energizes the brain for greater focus; meditation with the benefit of energy. Bring a rug, thick blanket or a mat for the floor. A chair can also be used in this practice if it is more comfortable.

Tai Chi with Nan Doty 2/7, 8:30 am.
Begin your day with the wonderful intention and practice of enhancing your inner balance and well being! Tai Chi is a slow and relaxed form of exercise, a moving meditation. Each movement circulates

energy throughout our body, activating a change in our physiology. Our muscles relax, our balance improves, our immune system activates, mood is enhanced, and aches and pains decrease. Nan Doty, M.Ed., has been an educator for over 40 years, and has become a seasoned Tai Chi and Qigong teacher since being certified in 2003.

Senior (65+) Bowling at The Barn Bowl & Bistro 2/11, 11:30 - 1:30 pm. \$10.
Join our Seniors Bowling Team. All skill levels. Cost includes 1 hour of bowling and a delicious lunch.

Up-Island Highlights - 508-693-2896

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

Please call 693-2896 for all programs unless otherwise noted.

Luncheon Hosted by The West Tisbury Police Department 2/25, Free.
Join us for a lunch prepared and served by our West Tisbury men in blue. Question and answer session to follow. Please call for details. RSVP required by 2/20.

Open Studio Tuesdays at Howes House with Steve Engley Tuesdays, 2-3:30 pm.
\$8 Suggested donation
Artists and Craftspeople! Bring your unfinished project or your unrealized vision to Howe's house to bring it to that next level. Howe's house Open Studio Tuesdays

has tons of crafts projects to do as well including birthday and holiday card making. Every class will include a FREE themed guided instruction by the studio monitor, Steve Engley, February will be a portrait workshop. All advertised projects have supplies provided, suggested donation 8\$

DANCE FREE Every Tues, 3-4 pm.
No money, no teacher, no instructions. All fun to catchy, funky, rhythmic music.

Chair Massage with Ellen McMannis of MV Body Works Fri, 2/1 & 2/15. 10 am. - 12 pm.
Promotional discount rate of \$20 for 20 minute session. Call 508-693-2896 for an appointment.

Vineyard Isle Parkinsonian's Support Group 2/11, 10:30 am.
Call for details

Parkinson's Caregiver Support Group
Call Bethany for further information.

Outreach Services Available Mon.- Fri. 9:30 am. - 3 pm.
Meet confidentially with our Outreach Coordinator Bethany Hammond to learn about community resources to meet your needs or those of someone you care about. The COA has medical equipment for loan, notary services, and assistance with filling out a File of Life card all free of charge. Joyce Bowker is UICOA's SHINE Counselor, available to assist with health insurance questions.

TRAVEL NEWS

Upcoming Theatre Trips to Providence Performing Arts Center, UICOA

Planning in the works for musical trips in the Spring with the Up Island COA. Possibilities include:

Jersey Boys

"They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story -- a story that has made them an international sensation all over again"

OR

Waitress the Musical

"Waitress: the story of Jenna-a waitress and expert pie maker. Jenna dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town's new doctor may offer her a chance at a fresh start... But Jenna must summon the strength and courage to rebuild her own life."

Trips include show tickets, round trip motor couch, buffet luncheon, and gratuities. Please call for more information or to put yourself on a waitlist. 508-693-2896

NOTEWORTHY

New Medicare Cards

By now, you should have recieved your new Medicare card. If you don't have one, it could be the Social Security office did not have your current address or it was thrown away accidentally because the envelope did not have Medicare information on it. No worries! You can order your new card by calling Medicare at 1-800-633-4227, or set up an account at www.MyMedicare.gov to retrieve a copy of it. Once you receive the card, you can destroy the old one.

Upcoming Legal Clinics, TCOA

Attorney Arthur Bergeron will be presenting the following informational legal clinics at the Tisbury Council on Aging, 34 Pine Tree Road. Light refreshments will be provided by the Black Dog Café. To register, contact the Tisbury COA at (508) 696-4205.

Elder Law for Couples 3/19, 5:30 - 6:30 pm.

The best way for a couple to ensure their estate planning goals are met is to develop your estate plan while you are both alive. The options, and your goals, may change if you do not have an estate plan in place should one of you pass away. Elder Law Attorney Arthur Bergeron will discuss best estate planning practices for tax minimization, asset protection, and probate avoidance.

Elder Law for Singles 6/4, 5:30 - 6:30 pm.

Estate planning is not just for couples! Everyone should have an estate plan in place to protect you and your assets should you become frail, incapable of caring for yourself, or to simplify things should you pass away. Elder Law Attorney Arthur Bergeron will discuss best estate planning practices for singles.



Up to the minute

Sign up today at mvtimes.com/newsletter

the Minute

The daily MVTimes newsletter, delivered straight to your inbox every weekday.



Service Programs and Support Group Directory

Health Promotion

BLOOD PRESSURE AND WELLNESS CLINICS:

Vineyard Scripts, Beach Rd. VH.
Have your blood pressure checked any day, any time.

PUBLIC HEALTH NURSE CLINICS:

Lila Fischer is the new Public Health Nurse. Call your Council on Aging for info.

BLOOD PRESSURE AND WELLNESS CLINIC SITES:

AQUINNAH

Aquinnah Town Hall
2/19, 10:00 - 11:00 am.

CHILMARK

Chilmark Library
2/20, 11:00 - 1:00 pm.

EDGARTOWN

Edgartown Library
2/6, 10:00 - 11:00 am.

Edgartown Stop & Shop Pharmacy
2/6, 11:30 - 1:30

Edgartown Town Hall:
2/26, 10:00 - 11:30 am.

Edgartown COA:
2/26, 12:00 - 1:00 am.

OAK BLUFFS:

Woodside Village I:
2/25, 11:30 - 12:30 pm.

Woodside Village II:
2/25, 12:45 - 1:30

Oak Bluffs COA:
2/5 & 2/21, 12:30 - 1:30 am.

TISBURY

Tisbury COA:
2/5, 10:00 - 11:00 am.

Island Food Pantry:
2/13 & 2/20, 2:00 - 3:00

WEST TISBURY

Up-Island COA, Howe's House
2/12, 10:00 am - 11:30

West Tisbury Library:
2/12, 1:30 - 3:00

HEARING SERVICES:
Call in advance for an appointment.

OBCOA:

2/12, 11 am, Call Rose,
508-693-4509 x3 for apt

UICOA: Vineyard Audiology
Screenings & Repairs
Call 508-457-9285 for appointment

ECOA: Ear Wellness
2/11, with Shawn Woodbrey, licensed hearing aid specialist. Appointments

begin at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. Call Wendy for appointment, 508-627-4368.

TCOA: Miracle Ear

Audiologist Jason Wenzel is available by appointment for hearing tests or to address other concerns. To schedule appointments call their Falmouth office at 508-457-9285.

PODIATRY & FOOT CARE:

Pedi-Care w/Michelle LeBlanc, RN
Call 508-693-2896 for an appointment: ½ hour appts, \$30

OBCOA, 2/13, 9 am
Call 508-693-4509 x3

ECOA, 2/19, 1:00-3:30 pm
Call 508-627-4368

UICOA, 2/25, 9 am
Call 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)
2/4, OBCOA

Katie Wibbey, Elder Law Attorney,
Appointments starting at 9:30am. Call COA for appointment 508-696-4205.

Free Legal Clinic, 2/13, 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 2/25, 9:00 am-12 pm., OBCOA
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 2/1, 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

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

TRANSPORTATION:
Vineyard Transit Authority

\$40 annual senior bus passes available at local Senior Centers.w 508-693-9440.

Medivan, 508-693-9440 (VTA)
Tuesdays to Boston area medical services, \$30 round trip. Wednesdays to Cape area medical appointments, \$20 round trip / \$10 one way

American Cancer Society Road to Recovery
1-800-227-2345, for cancer patients

HOUSING AND LIVING OPTIONS:
Caregiver Homes of Massachusetts

In-home care and care management, income guidelines apply. Cape & Islands Branch, 774-212-5764
www.caregiverhomes.com

Havenside Apartments, 508-693-2280

Henrietta Brewer House, 508-693-4500
Assisted Living, private pay

Island Elderly Housing, 508-693-5880.
Subsidized housing for seniors and disabled.

MV Center for Living Supportive Day Program

A social program for those needing supervision and socialization. Daytime respite for family caregivers. Call 508-939-9440

Windemere Nursing & Rehab, 508-696-6465.
Long term care nursing home facility, Medicaid accepted.

Vineyard Village at Home (VVAH)
Referrals, Transportation & Assistance with independent living. Info & to join call 508-693-3038, vineyardvillage@gmail.com

Support Groups and Counseling

Cancer Support Group
Wednesdays, 12:00 noon.
Hebrew Center, Vineyard Haven

Caregiver Support Group
First & third Thursdays, 10:30 am. MVCS Island Wide Youth Collaborative. Call Lindsay Famariss at 508-693-7900 x 210

CORE
Counseling, Outreach and Referral for the Elderly. Call the Outreach Worker at the Council on Aging in your townor Lindsay Famariss at MVCS Island Counseling Center at 508-693-7900.

Dementia Caregiver Support Group
Second & Fourth Fridays, 9:15 am – 10:45 am.
MV Center for Living,
29 Breakdown Lane Vineyard Haven
Call Leslie Clapp, 508-939-9440

Diabetes Support Group, TCOA
2/19, 1 pm.
Call 508-696-4205 for information
Martha's Vineyard MS Self Help Group
Call 508-693-3193

Memory Support Groups
Wednesdays, 9:30 am. & 11 am.
Featherstone Center for the Arts
Call Victoria Haeselbarth,

call 508-627-4368 x15w

Music & Memory Café
Every Thurs, 10 am.
Music, conversation, laughter, companionship. Light refreshments. Drop in. Free of charge.
MV Center for Living:
29 Breakdown Lane, VH
Call 508-939-9440

Parkinson's Caregivers' Support Group, UICOA
Call Bethany for details 508-693-2896

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)

Vineyard Isle Parkinsonian's Support Group, UICOA
2/11, 10:30 am
Call for details 508-693-2896

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

MVRHS LUNCHEON

Martha's Vineyard Regional High SchoolCulinary Arts & Music DepartmentsCulinary Arts Dining Room

Thursday, February 14th

Music at 11:00 • Lunch served promptly at 11:30

MENU: To be announced.

Always delicious! \$12
Reservations are a must! • Call 508-939-9440

Support Community Journalism: Advertise Local!



Call or email us—we've got lots of ideas for getting your message to a wider audience.

508-693-6100
(press 2)

adsales@mvtimes.com

ISLAND-WIDE ACTIVITIES CALENDAR

Exercise and Fitness

Yoga Chair Dance, OBCOA
\$5 per class.
Tues., 10 am., Thurs., 10:30 am.

Yoga for Seniors, UICOA
\$10 per class.
Mon & Fri, 10:30 – 11:30 am.
Instructor: Martha Abbot
Wed. 10:30 – 11:30 am
Instructor: Kanta Lipsky.

Yoga with Carol Vega
ECOA: Thurs. 9 am.
TCOA: Thurs. 4 – 5:15 pm.
\$10 per class

Yoga Classes, TCOA
Instructor: Steve Power, \$8.
First class free.
Kundalini Yoga: Wed., 3:30 – 4:30 pm
Yoga & Meditation: Tues., 11 – 12 noon.

Gentle Yoga, TCOA
Thurs., 4:00 – 5:15 pm.
\$10, Instructor: Carol Vega

Energizing Relaxation with Steve Power, TCOA
Tuesdays, 1:30 – 2:30 pm.
See ‘Tisbury Highlights’ section.

Wisdom Healing Qigong, UICOA
Mon, 5 pm. \$12 discount fee for seniors.
Allison Parry, Instructor.

Cultivate source energy, awaken consciousness, activate healing, and restore mind/body balance. For info call or text 508-397-1743.

Tai Chi with Nan Doty
\$10 per class. Held at ECOA & TCOA
ECOA: Two classes every Wed.
Tea time in between.
“*Tai Chi Form*” 9:30-10:30 am.
“*Qigong Easy*” 11 – 12 pm. Pre-registration required, 508-627-4368.
TCOA: Thurs. 8:30 – 9:30 am.
Tea time following. See TCOA.
Highlights for more info. Pre-registration required, 508-696-4205

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

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

Balletics, UICOA

Wed & Fri, 8:15-9:15 am. \$12.
Instructor: Karen Cullinan,
Call 508-693-7730 for info.

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 pm. No money, no teacher, no instructions. Dance to catchy, funky, rhythmic music.

OB Exercise Classes, OBCOA
Mon., 8:45 am. Group Exercise
Thurs., 9 am., with Bill White
Fri., 8:30 am., with Floyd

Walking Club, OBCOA
Tues. 10 – 11:30 am, Free

Fitness with Catie, TCOA
Tues: 9:30 am., Thurs: 10:30 am.
Instructor: Catie Blake Free. Equipment provided. Call 508-696-4205 for info.

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

Aquatic Exercise Class at the 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.

Misty Meadows Equine Learning Center
Participate in facilitated interactions with our 4 legged friends.
Call 508-338-7198 for info.

Chair Massage with Ellen McMannis of MV Body Works, UICOA
Fri. 2/1 & 2/15. 10 am. – 12pm.
Promotional discount rate of \$20 for 20 minute session.
Call 508-693-2896 for appointment.

Airport Fitness: Senior Fitness classes
Wed. & Fri., 9:45 am. Fee for class.
Instructor: Barbara Smith
For info call 508-696-8000

Bowling & Lunch at Bowl, Barn & Bistro, ECOA & TCOA
1st Monday monthly,
11:30-1:30 pm. \$10.
Register by last Friday previous month.
ECOA: Will resume 3/4.
508-627-4368
TCOA: Next date 2/11.
508-696-4205 to register.

Ideas, Books, and Plays

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

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

Group Crossword, TCOA
Tues., 1:30 pm.

Conversations with Barbara Plessner, OBCOA
Fri., 10-11:30 am.

Friday Morning Conversation Group, ECOA
2/1 & 2/15, 10 am. Refreshments.

Play Readers, TCOA
Weds: 9am-12 Noon

Poetry Reading/Discussion, TCOA
2/4, 10 am.

Poetry w/ 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.

Book Group for Women and Men, ECOA
2/27, 3pm., with Jill Jupen .
Book TBA. Refreshments.
Call 508-627-4368.

Howes House Writing Group
On hiatus until Spring.

Documentaries and Discussion, TCOA
Thurs, 1:30 pm.

Ukulele Group, TCOA
Weds, 1-3 pm. Free
Instructor: Martha Child
All levels welcome.

Music & Memory Cafe
Thurs. 10-12 pm.
MV Center for Living 508-939-9440

Arts and Crafts

Art Club, ECOA
Mon., 9:30-10:30.
2/4, Drawing with Deirdre DeCarion
2/11, Reflective Light with Dianne Holt
2/25, Watercolor Greeting Cards.
Call to sign up, 508-627-4368.

Open Studio Tuesdays at Howes House, UICOA
Tues. 2:00 - 3:30.
\$8 suggested donation
Instructor: Steve Engley
See UICOA Highlights for details.
Call 508-693-2896

Color a Mandala, TCOA
Thurs., 1:30. Free. Supplies Provided.
Fun & relaxing, bring a friend!

Creative Painting, TCOA
Call for info 508-696-4205

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

Woodcarving, OBCOA
Mon. & Thurs., 9 am – 11 am

Mindful Knitting, ECOA
Mon, 3:30-5:30 pm.

Not an instructional group
Call 508-627-4368

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

Needlework for Charity, ECOA
Tues, 10 am.
Make projects benefiting charitable organizations or work on a personal project. The more the merrier!
Knitting, crewel, needlepoint, crochet, and more!

Needlepoint, ECOA
Thurs 2-4 pm
Bring all projects you are working on, does not have to be needlepoint!

Knitting/Needlework, TCOA
Mon, 9:30-11:30 am

UFO's - 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 and Games

Mah Jong
ECOA, 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 am.

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

Duplicate Bridge, TCOA
Mon., 1:15 pm.
Call Gayle for info: 617-966-7904

Non-Sanctioned Duplicate Bridge, ECOA
Thurs. 12-3 pm.
Contact Carol by email for seating and dates at fligors@comcast.net, or call 508-627-4722.

Bingo, OBCOA,
Wed., 1/9. 1-3 pm & 6-8 pm.

MEET YOUR MERCHANT

Where businesses share their stories with the Island community

What’s new?
Let the Island know about your business.
508-693-6100 and Press 2

MVTimes mvtimes.com

If you or your business are interested in being featured in the next Meet Your Merchant, email jenna@mvtimes.com.

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THE MARTHA’S VINEYARD
CENTER FOR LIVING!

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- Linda Jean’s • Island Fresh Pizza & Subs •
- Catered Creations by Johnny Smiles •
- Anonymous •