

55<sup>Plus</sup>

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.*

For seniors, the medical crises that can cause death or incapacitation can come at any time, without warning. What if you end up not well enough to make medical decisions for yourself? What if you can't understand what your medical options are anymore, even if you can still talk?

Your Agent's responsibility starts as soon as your doctor says you are not competent to make medical decisions, and ends when your doctor says you can make the decisions again. Suppose you have a stroke leaving you totally incapacitated. Suppose you then come down with pneumonia or the flu. Your doctor tells your Agent that you need to go to the hospital for the pneumonia. You may be cured

of the pneumonia but the effects of the stroke will remain. Do you really want to go to the hospital? This is just the kind of question your Agent may have to answer for you. Have you had a conversation with your Agent about what that answer should be?

If you need more information on this, you can contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com). You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube channel, [www.YouTube.com/ElderLaw-FrankAndMary](http://www.YouTube.com/ElderLaw-FrankAndMary) and find more in-depth commentary on legal issues on our blog at <http://mirickoconnelltrustsandestate-lawblog.wordpress.com/>.



## SEE THE THIRWOOD DIFFERENCE

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  - Multiple Dining Choices
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  - 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](http://ThirwoodPlace.com) or stop by and join us for a casual tour to experience the Thirwood difference.



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

# SHINE NEWS

## MEDICARE'S ANNUAL OPEN ENROLLMENT PERIOD ENDED ON 12/7/2018, HOWEVER YOU MAY STILL HAVE SOME OPTIONS FOR CHANGES.

### For those with Medicare Parts A and B (Original Medicare):

Medicare Supplements (Medigap Plans) may be added any time of year. If you already have a Medigap Plan, you can upgrade, downgrade, or end your coverage at any time. If you missed your initial period to sign up for Medicare Part A (hospital) and/or Medicare Part B (medical) now is the time. The general open enrollment period for Medicare A and B is January 1 –March 31 with an effective date of July 1st.

### For those with a Medicare Advantage Plan (HMO or PPO):

January 1 - March 31, you can drop your Medicare Advantage Plan, effectively switching back to Original Medicare. During this time frame you will be able to join a Medicare Prescription Drug Plan (Part D), add a Medicare Supplement (Medigap Plan), or switch your Medicare Advantage plan from one to another.

### For Prescription Advantage members or if you are getting "Extra Help" paying for prescription drugs:

You can change your prescription plan during the year outside of the Annual Open Enrollment.

### Five Star Special Enrollment Period (SEP):

You can join a 5 Star Part D drug plan or a 5 star Medicare Advantage plan once during the year outside of the annual open enrollment period.

### Other Special Enrollment Periods:

You might qualify for an exception that allows you to enroll in a Part C Medicare Advantage Plan or a Part D Prescription Drug Plan during the year.

*Please call your local senior center to make an appointment with a SHINE counselor.*

# VETERANS' CHRISTMAS CAROL

"Twas the night before Christmas, he lived all alone,  
In a one-bedroom house made of plaster and stone.  
I had come down the chimney with presents to give,  
And to see just who in this home did live.  
I looked all about, a strange sight I did see,  
No tinsel, no presents, not even a tree.  
No stocking by mantle, just boots filled with sand,  
On the wall hung pictures of far distant lands.  
With medals and badges, awards of all kinds,  
A sober thought came through my mind.  
For this house was different, it was dark and dreary,  
I found the home of a soldier, once I could see clearly.  
The soldier lay sleeping, silent, alone,  
Curled up on the floor in this one-bedroom home.  
The face was so gentle, the room in such disorder,  
Not how I pictured a United States soldier.  
Was this the hero of whom I'd just read?  
Curled up on a poncho, the floor for a bed?  
I realized the families that I say this night,  
Owed their lives to these soldiers who were willing to fight.  
Soon round the world, the children would play.  
And growups would celebrate a bright Christmas day.  
They all enjoyed freedom each month of the year,  
Because of the soldiers, like the one lying here.  
I couldn't help wonder how many lay alone,  
On a cold Christmas Eve in a land far from home.  
The very thought brought a tear to my eye,  
I dropped to my knees and stared to cry.  
The soldier awakened and I heard a rough voice,  
"Santa, don't cry, this like is my choice.  
I fight for freedom, I don't ask for more,  
My like is my God, my country, my corps."  
The soldier rolled over and drifted to sleep,  
I couldn't control it, I continued to weep.  
I kept watch for hours, so silent and still,  
And we both shivered from the cold night's chill,  
I didn't want to leave on the cold, dark night,  
The guardian of honor so willing to fight.  
Then the soldier rolled over, and with a voice soft and pure,  
Whispered, "Carry on Santa, it's Christmas Day, all is secure."  
One look at my watch, and I knew he was right.  
"Merry Christmas my friend, and to all a good night."

*Please keep our military families in your prayers.*



# !NOTEWORTHY

**Holiday Closures**

1/1 & 1/21  
All sites will be closed in observance of New Year’s Day and Martin Luther King Jr. Day.

**Energizing Relaxation with Steve Power, TCOA**

Tuesdays, 1:30-2:30. Energizing relaxation energizes the brain for greater focus; a form of 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. Call for more info 508-696-4205

**Upcoming Theatre Trips to Providence Performing Arts Center with UICOA**

Planning in the works for musical trips in the Spring. Possibilities include Jersey Boys and Waitress the Musical. Please call for more information or to put yourself on a waitlist. 508-693-2896


**Free Computer and Phone Help with Everett, UICOA**

1/2, 1-4pm.  
Could you use help with tech issues? Are you interested in learning how to navigate your devices? Everett C. Healy will be at the Howes to assist you with your technology devices. Space limited. Appointments necessary. Call 508-693-2896

**ECOA Art Club**

Mondays, 9-11:30 am. Bring projects, relax, create, socialize, discuss art, and have fun! Projects include water colors, acrylics, sculpture, pencils, etc. Stay tuned to our Anchors newsletter, available at the Anchors or online at [www.edgartowncoa.com](http://www.edgartowncoa.com) to find out about some special art classes going on in January during Art Club.

# !NOTEWORTHY



MV CENTER FOR  
**LIVING**  
CARE | SUPPORT | RESOURCES

**Martha’s Vineyard Center for Living Supportive Day Program**

**Leslie Clapp, Director**

Program hours:  
Mon, Tues, Wed, Fri, 9 am - 3 pm.  
Call 508-939-9440  
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](http://www.edgartowncoa.com) for more information.*

**More January Anchors News at our ECOA website!**

For more announcements of activities and programs, please see our January newsletter, available online 12/31 at [www.edgartowncoa.com](http://www.edgartowncoa.com).

**Lunches, Noon**  
\$2 Tuesday- Sandwich, soup, dessert  
\$5 Friday- Entree, soup, dessert

**ECOA Art Club**  
Mondays, 9-11:30 am. Bring projects, relax, create, socialize, discuss art, and have fun! Projects include water colors, acrylics, sculpture, pencils, etc. Stay tuned

to our Anchors newsletter, available at the Anchors or online at [www.edgartowncoa.com](http://www.edgartowncoa.com) to find out about some special art classes going on in January during Art Club.

**Health Screenings with Lila Fisher, Public Health Nurse**  
1/22, 12-1 pm at the Anchors.

**Friday Morning Conversation Group with Jay Sigler**  
1/4 and 1/18, 10 am. Refreshments.

**Poetry with Jill Jupen**  
9:30 am, Thursdays. Refreshments.

**SHINE – Serving Health Insurance Needs for Everyone with Bill Glazier,**  
Anchors SHINE counselor.  
Call 508-627-4368 for appointment.

**Edgartown Bowlers**  
1/7, Join to challenge TCOA at Barn Bowl & Bistro, 11:30-1:30. Fun! Lunch, \$10. Call 508-627-4368 to reserve.

**Ear Wellness**  
1/7, 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.

**Non-Sanctioned Duplicate Bridge ECOA – Call Ahead!**  
Mondays and Thursdays, 12-3. Contact Carol by email for seating and dates at [fligors@comcast.net](mailto:fligors@comcast.net), or call 508-627-4722.

## Oak Bluffs Highlights - 508-693-4509

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

**Men’s & Ladies Luncheon**  
1/3, Noon. Call Rose to sign up.

**Coffee with the Chief**  
TBA, 10 am. Coffee and Conversation with OB Police Department Chief Erik Blake

**Animal Companions**  
1/14 & 1/28, 1 pm.

**Threshold Choir**  
1/7, 1 pm.  
No experience needed, just the desire to sing!

**Friends of the Oak Bluffs Council on Aging Meeting**  
Next meeting April 2019  
Come and join, be a part of Team OB! The Oak Bluffs Council on Aging and Friends of

OBCOA want to thank all who participated in our North End Trip this December. Another trip will be planned 2019.

**Board of Directors Meeting**  
1/17, 2pm

**Comsog Greenhouse & OBCOA Gardening Club**  
Fri. 10-12 pm.  
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.

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

**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 & 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, January 21, 2019 in observance of Dr. Martin Luther King’s Birthday.

## Tisbury Highlights - 508-696-4205

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

**Energizing Relaxation with Steve Power, TCOA**  
Tuesdays, 1:30-2:30. Energizing relaxation energizes the brain for greater focus; a form of 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**  
Beginning 1/8, Tues., 10 am. Begin a new year 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. It gives the benefits of physical conditioning (with less exertion), and an awareness of chi energy. When we relax and move with awareness, we intensify energy flow. Each movement circulates chi throughout our body, activating a change in our physiology. Our muscles relax, our balance improves, our immune system activates, mood is enhanced, while aches and pains decrease. Please join us. Nan Doty, M.Ed., is a seasoned Tai Chi and Qigong teacher. She has been an educator for over 40 years,

and has been teaching Tai Chi and Qigong continuously since being certified in 2003.

**Senior (65+) Bowling at Bowl, Barn, Bistro**  
Call to join our Seniors Bowling Team list. The team consists of all skill levels. Lots of Fun! Cost is \$10 and includes 1 hour of bowling (shoes and balls included) and a delicious lunch prepared by the B,B&B kitchen. M-F: 508-696-4205.

**Thomas Dresser Book Talks**  
will resume in the New Year.

## Up-Island Highlights - 508-693-2896

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

*Please call to sign up for all programs unless otherwise noted.*

**Drawing and Coffee with Steve Engley**  
Tuesdays, 2-3:30. \$8 per class.

Have you always wanted to get into drawing or would you enjoy working on sketching with others? All skill levels and mediums welcomed. Drawing materials supplied. Light refreshments. RSVP preferred for planning purposes, but drop-ins are welcomed!

**Free Computer and Phone Help with Everett**  
1/2, 1-4pm.  
Could you use help with tech issues? Are you interested in learning how to navigate

your devices? Everett C. Healy will be at the Howes to assist you with your technology devices. Space limited. Appointments necessary. Call 508-693-2896

**DANCE FREE**  
Tuesdays, 3-4. No money, no teacher, no instructions. All fun to catchy, funky, rhythmic music.

**Vineyard Isle Parkinsonian’s Support Group**  
1/14, 10:30 am. Call for details (508)693-2896

**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.

**Upcoming Theatre Trips to Providence Performing Arts Center**  
Planning in the works for musical trips in the Spring. Possibilities include Jersey Boys and Waitress the Musical. Please call for more information or to put yourself on a waitlist. 508-693-2896



Service Programs and Support Group Directory

Health Promotion

**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 & Wellness Clinic Sites:**  
**Aquinnah:** Aquinnah Town Hall: 1/15, 10:00 - 11:00 am.  
**Chilmark:** Chilmark Library: 1/16, 11:00 - 1:00 pm.  
**Edgartown:** Edgartown Library: 1/2, 10:00 - 11:00 am.  
**Edgartown Stop & Shop Pharmacy:** 11/2, 11:30 - 1:30 am.

**Edgartown Town Hall:** 1/22, 10:00 - 11:30 am.  
**Edgartown COA:** 1/22, 12:00-1:00 am.  
**Oak Bluffs:**  
**Woodside Village I:** 1/28, 11:00 - 12:30 pm.  
**Woodside Village II:** 1/28, 12:45 - 1:45 pm.  
**Oak Bluffs COA:** 1/8, & 1/17, 12:30 - 1:30 pm.  
**Tisbury:**  
**Tisbury COA:** 1/8, 10:00 - 11:00 am.  
**Island Food Pantry:** 1/9, & 1/16, 2:00 - 3:00 pm.  
**West Tisbury:**  
**Up-Island COA, Howe’s House:** 12/11, 10:00 am - 11:30 pm.  
**West Tisbury Library:**

1/8, 1:30 - 3:00 pm.  
**Hearing Services:**  
*Call in advance for an appointment.*  
**OBCOA:** 1/15, 11 am., Call Rose, 508-693-4509 x3 for apt.  
**UICOA: Vineyard Audiology**  
Screenings & Repairs  
Call 508-457-9285 for appointment  
**ECOA: Ear Wellness**  
1/7, 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**  
1/30. Audiologist Jason Wenzel will be 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 with Michelle LeBlanc, RN**  
Call 508-693-2896 for an appointment: ½ hour appts, \$30  
**OBCOA**, 1/9, 9 am.  
Call 508-693-4509 x3  
**ECOA**, next dates in February, 1:00-3:30 pm. Call 508-627-4368  
**UICOA**, 12/28, 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)**  
Katie Wibby, Elder Law Attorney  
1/7, OBCOA. Appointments starting at 9:30am. Call 508-775-7020 OR 1-800-742-4107 for an appointment

**Free Legal Clinic**, 1/12, 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**  
1/7 & 1/28, 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**  
1/4, 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 and 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-** 508-693-9440.

\$40 annual senior bus passes available at local Senior Centers.  
**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:**  
**Island Elderly Housing,** 508-693-5880.

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**  
A social program for those needing supervision and socialization  
Respite for family caregivers. Call 508-939-9440  
**Caregiver Homes of Massachusetts**  
In-home care and care management, income guidelines apply  
Cape & Islands Branch, 774-212-5764  
www.caregiverhomes.com

Support Groups and 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 MS 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, TCOA**  
1/22, 1 pm.  
Call 508-696-4205 for information  
**Vineyard Isle Parkinsonian’s Support Group, UICOA**  
1/4, 10:30 am  
Call for details 508-693-2896  
**Parkinson’s Caregivers’ Support Group, UICOA**  
Call Bethany 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

**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  
**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

**Caregiver Support Group**  
First & third Thursdays, 10:30 am.  
MVCS Island Wide Youth Collaborative  
Call Lindsay Famariss  
508-693-7900 x 210  
**Cancer Support Group**  
Wednesdays, 12:00 noon.  
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.*

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- **Prescription Drug Disposal Program**



# Island-Wide Activities Calendar

Exercise & Fitness	<p><b>Yoga Chair Dance, OBCOA</b> \$5 per class. Tues., 10 am. Thurs., 10:30 am.</p> <p><b>Yoga for Seniors, UICOA</b> \$10 per class. Mon &amp; Fri, 10:30 – 11:30 am. Instructor: Martha Abbot Wed. 10:30 -11:30 am Instructor: Kanta Lipsky</p> <p><b>Yoga w/ Carol Vega ECOA:</b>Thurs. 9 am. <b>TCOA:</b>Thurs. 4 - 5:15 pm. \$10 per class</p> <p><b>Yoga Classes, TCOA</b> Instructor: Steve Power, \$8. First class free. <i>Kundalini Yoga:</i> Wed., 3:30 - 4:30 pm <i>Yoga &amp; Meditation:</i> Tues., 11 - 12 noon.</p> <p><b>Gentle Yoga, TCOA</b> Thurs., 4:00 - 5:15 pm. \$10 Instructor: Carol Vega</p> <p><b>Energizing Relaxation with Steve Power, TCOA</b> Tuesdays, 1:30-2:30 Noon. See "Tisbury Highlights" section.</p> <p><b>Wisdom Healing Qigong, UICOA</b> Mon, 5 pm. \$12 discount fee for seniors. Allison Parry, Instructor</p>	<p>Cultivate source energy, awaken consciousness, activate healing, and restore mind/body balance. For info call or text 508-397-1743.</p> <p><b>Tai Chi with Nan Doty</b> \$10 per class. Held at ECOA &amp; TCOA <b>ECOA:</b> Two classes every Wed. Tea time in between. “<i>Tai Chi Form</i>” 9:30-10:30 am. “<i>Qigong Easy</i> ” 11-12 pm. Pre-registration required, 508-627-4368.</p> <p><b>TCOA:</b> Thurs. 8:30 - 9:30 am. Tea time following. See TCOA Highlights for more info. Pre-registration required, 508-696-4205</p> <p><b>Got Strength?</b> <b>Strength Training Class, ECOA</b> 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.</p> <p><b>Strength Training, UICOA</b> With Katryn Gilbert \$8 (First class is free). Mon &amp; Wed, 5:30 pm. Tues &amp; Thurs, 8:30 &amp; 9:30 am. Saturdays, 9:00 am.</p> <p><b>Balletics, UICOA</b></p>	<p>Wed &amp; Fri, 8:15-9:15 am. \$12. Instructor: Karen Cullinan, Call 508-693-7730 for info.</p> <p><b>Dancing and Movement, OBCOA</b> Fri, 1-2:30 pm. A great way to exercise, improve mobility and balance and have fun!</p> <p><b>Dance Free, UICOA</b> Tues, 3-4 pm. No money, no teacher, no instructions. Dance to catchy, funky, rhythmic music.</p> <p><b>OB Exercise Classes, OBCOA</b> Mon., 8:45 am Group Exercise Thurs., 9 am. w/ Bill White Fri., 8:30 am. w/ Floyd</p> <p><b>Walking Club, OBCOA</b> Tues. 10 – 11:30 am, Free</p> <p><b>Fitness w/ Catie, TCOA</b> Tues: 9:30 am., Thurs: 10:30 am. Instructor: Catie Blake Free. Equipment provided. Call 508-696-4205 for info</p> <p><b>Walking Club, OBCOA</b> Tues, 10-11:30 am. Free. Meet at OBCOA (weather permitting)</p> <p><b>Aquatic Exercise Class</b> <b>Mansion House Pool</b> Call Mansion House for info. 508-693-7400</p>	<p><b>YMCA Senior Fitness Classes</b> Free with Y membership or daily use fee. Go to <a href="http://www.ymcamv.org">www.ymcamv.org</a> for info and program guide.</p> <p><b>Misty Meadows Equine Learning Center</b> Participate in facilitated interactions with our 4 legged friends. Call 508-338-7198 for info.</p> <p><b>Chair Massage with Ellen McMannis of MV Body Works, UICOA</b> Fri. 1/4 &amp; 1/18. 10 am. – 12pm. Promotional discount rate of \$20 for 20 minute session. Call 508-693-2896 for appointment.</p> <p><b>Airport Fitness: Senior Fitness classes</b> Wed. &amp; Fri., 9:45 am. Fee for class. Instructor: Barbara Smith For info call 508-696-8000</p> <p><b>Bowling &amp; Lunch at Bowl, Barn &amp; Bistro, ECOA &amp; TCOA</b> 1st Monday monthly, 11:30-1:30 pm. \$10. Register by last Friday previous month. ECOA:508-627-4368 TCOA: 508-696-4205</p>
	<p><b>Coffee &amp; Conversation</b> OBCOA, M-F, 8:30 am.</p> <p><b>Discussion Group, UICOA</b> Tues., 9:30 am. Open discussion, all welcome. Call 508-693-2896 for information.</p> <p><b>Group Crossword, TCOA</b> Tues., 1:30 pm.</p> <p><b>Conversations with Barbara Plessner, OBCOA</b> Fri., 10-11:30 am.</p> <p><b>Friday Morning Conversation Group, ECOA</b> 1/4 &amp; 1/18, 10 am. Refreshments.</p>	<p><b>Play Readers, TCOA</b> Weds: 9am-12 pm.</p> <p><i>Theme: Hooray, Hooray, It’s a Musical Play!</i> Producer: Linda Comstock</p> <p><b>1/3 The Producers;</b> Director: Polly Brown</p> <p><b>1/9 Nunsense;</b> Director: CK Wolfson</p> <p><b>1/16 Rent;</b> Director: Charlena Seymour</p> <p><b>1/23 Sweeny Todd;</b> Director: Myra Stark</p> <p><b>1/30 Book of Mormon;</b> Director: Judy Miller</p>	<p>Call for info 508-696-4205.</p> <p><b>Poets Group, TCOA</b> Call Sandy for Info 508-696-4205 Poetry w/ Jill Jupen, ECOA Thurs., 9:30 am.</p> <p><b>Poetry Group</b> 1st Monday, 12/3, 10 am. Jennifer Turner will present Matsuo Basho’s Haiku.</p> <p><b>Tisbury Book Club</b> Books available at the VH library. Call 508-696-4205 for information.</p> <p><b>Book Discussion Group</b> Edgartown Public Library, Call Lisa, 508-627-4221 for information.</p>	<p><b>Book Group for Women and Men, ECOA</b> 12/26, 3pm., with Jill Jupen . Book TBA. Refreshments. Call 508-627-4368.</p> <p><b>Howes House Writing Group</b> On hiatus until Spring</p> <p><b>Documentaries and Discussion, TCOA</b> Thurs, 1:30 pm.</p> <p><b>Ukulele Group, TCOA</b> Weds, 1-3 pm. All levels welcome.</p> <p><b>Music &amp; Memory Cafe</b> Thurs. 10-12 pm. MV Center for Living 508-939-9440</p>
	<p><b>Art Club, ECOA</b> Mon., 9-11:30. Bring projects, relax, create, socialize, discuss art, and have fun! Projects include water colors, acrylics, sculpture, pencils, etc. Call Wendy, 508-627-4368.</p> <p><b>Drawing &amp; Coffee with Steve Engley, UICOA</b> Tues. 2:00 - 3:30 pm/. \$8 All skill levels and mediums welcomed. Drawing materials supplied. Light refreshments. RSVP preferred</p>	<p>for planning purposes, but drop-ins welcomed! Call 508-693-2896</p> <p><b>Color a Mandala, TCOA</b> Thurs., 1:30. Free. Supplies Provided. Fun &amp; relaxing, bring a friend!</p> <p><b>Creative Painting, TCOA</b> Resumes Jan. Date TBA, 10-12 noon. Call for info 508-696-4205</p> <p><b>Watercolor Painting with Nancy Cabot, UICOA</b> Fri, 1 pm. Beginners welcome!</p> <p><b>Woodcarving, OBCOA</b> Mon. &amp; Thurs., 9 am – 11 am</p>	<p><b>Needlework, ECOA</b> Thurs 2-4 pm</p> <p><b>Mindful Knitting, ECOA</b> Mon, 3:30-5:30 pm. Not an instructional group Call 508-627-4368</p> <p><b>Knitting w/Nancy Merjos, OBCOA</b> Thurs, 1:00 pm Call 508-693-4509</p> <p><b>Needlework for Charity, ECOA</b> Tues, 10 am. Make projects benefiting charitable</p>	<p>organizations or work on a personal project. The more the merrier! Knitting, crewel, needlepoint, crochet, and more!</p> <p><b>Knitting/Needlework, TCOA</b> Mon, 9:30-11:30 am</p> <p><b>UFO’s - Unfinished Forgotten Objects, OBCOA</b> 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</p>
	<p><b>Mah Jong</b> ECOA, Tues &amp; Fri, 1 pm. UICOA, Wed. 1 pm. &amp; Thurs. 1:30 pm. OBCOA, Mon. 1 pm.</p> <p><b>Scrabble, OBCOA,</b> Fri. 9 am.</p> <p><b>Cribbage, OBCOA.</b> Fri, 9 am.</p> <p><b>Men’s Cards, OBCOA.</b> Wed., 9 am.</p> <p><b>Hand &amp; Foot Card Games,</b></p>	<p><b>OBCOA</b> Mon - Fri, 9 am.</p> <p><b>Ladies Cards, OBCOA</b> Tues., 1 pm</p> <p><b>Rummy, OBCOA</b> Tues &amp; Thurs, 1 pm.</p> <p><b>Ladies Bridge, OBCOA</b> Tues., 9:30 -11:30 am.</p>	<p><b>Party Bridge, TCOA</b> Fri, 1-4 pm. Call Trudy for seating: 508-627-6719</p> <p><b>Duplicate Bridge, TCOA</b> Mon., 1:15pm. Call Gayle for info: 617-966-7904</p> <p><b>Non-Sanctioned Duplicate Bridge, ECOA</b></p>	<p>Thurs. 12-3 pm. Contact Carol by email for seating and dates at <a href="mailto:fligors@comcast.net">fligors@comcast.net</a>, or call 508-627-4722.</p> <p><b>Bingo, OBCOA,</b> Wed., 1/9. 1-3 pm &amp; 6-8 pm.</p>

MVRHS LUNCHEON

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

Thursday, January 10th

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

THANK YOU FROM THE MARTHA’S VINEYARD CENTER FOR LIVING!

The MV Center for Living would like to thank the following restaurants for their generous donations to the Supportive Day Program’s Lunch Program

The Black Dog Cafe • Linda Jean’s • Island Fresh Pizza

Catered Creations by Johnny Smiles • Anonymous