

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

February 2019 - Vol. 23, Issue 2

ELDER LAW

Four Quick Tips for Tax Time

By Arthur P. Bergeron.

Arthur is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

If you or your spouse is chronically ill, here are four quick tips to consider if you itemize deductions on your income tax returns:

1. LONG-TERM-CARE INSURANCE PREMIUMS ARE USUALLY DEDUCTIBLE. There is a cap that goes up with age.
2. MOST OF YOUR COST OF STAYING AT HOME WITH SERVICES IS DEDUCTIBLE IF YOU ARE CHRONICALLY ILL. If you use tax-deferred accounts to pay for this care, you are basically withdrawing the funds tax-free.
3. MONTHLY ASSISTED-LIVING BILLS MAY BE TAX-DEDUCTIBLE IF YOU ARE CHRONICALLY ILL, if your doctor certifies that you need to live in an assisted-living

community because of your illness.

4. IF YOUR CHILD PAYS YOUR ASSISTED-LIVING OR HOME CARE BILLS, THE CHILD MAY BE ABLE TO DEDUCT THE EXPENSE, if your child contributes more than 50 percent of your living expenses in any year.

It might be helpful if you can get a tax deduction for the cost of being chronically ill. However, in order to obtain a tax benefit for medical expenses, you must be able to itemize deductions. 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 and A Fireside Chats on Frank and Mary's YouTube Channel, youtube.com/elderlawfrankmary.

VA NEWS

The BRAVE Act

On August 18, Governor Baker signed the BRAVE Act. Highlights from the BRAVE Act include:

- April 5th is Gold Star Wives Day, and the last Sunday in September is Gold Star Mothers and Families Day.
- Establishes a Massachusetts Veterans and Warriors Agriculture Program
- Allows parents/surviving guardians of veterans who died in service to the country to receive a real estate credit on property beginning Jan. 1, 2019.
- Increases veterans' local property tax work-off program from \$1,000 to \$1,500.
- Allows Gold Star License Plates to be affixed to commercial vehicles.
- Provides time off for Veterans Day and Memorial Day, with or without pay, at the discretion of the employer.
- Requires the Department of Veterans' Services to maintain and publish a list of law firms and organizations that provide pro bono legal representation.
- Establishes a special commission to study cost and feasibility of exempting all cost to veterans of attending public higher education in Massachusetts.
- Directs the EOHHS and EOPSS to partner with a Massachusetts college or university to conduct a study relative to

veterans and military members suffering from mental health or substance abuse issues related to their military service, and their needs in the criminal justice system.

Extends the veterans' bonus program, administered by the state treasurer, to allow for the maximum amount of benefits under the program, subject to appropriation, to those veterans who served during Operation Enduring Freedom, Operation Iraqi Freedom, Operation Noble Eagle, Operation Inherent Resolve, and Operation Freedom's Sentinel.

The Baker-Polito administration also announced it will be breaking ground on the new long-term care facility at the Chelsea Soldiers' Home. In November 2017, Governor Baker signed legislation to fund the construction of the \$199 million 154-bed Community Living Center. In April 2018, Baker received funding authorization from the U.S. Department of Veterans Affairs (VA), and plans to spend approximately \$70 million net of federal reimbursement on the project. The federal funding was awarded through the VA's State Home Construction Grant Program.



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.



(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.

Save the Date

Senior Solutions for Safe Living

A resource program for Seniors and caregivers to promote healthy and safe living.

The Grange in West Tisbury on June 3rd - 11am-2pm.

Presented by: MARTHA'S VINEYARD BANK

Banking | Lending | Advising 508.627.4266 mvbank.com
Member FDIC | Member DIF

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



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



Martha's Vineyard Center for Living Supportive Day Program

MV CENTER FOR LIVING
CARE | SUPPORT | RESOURCES

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

See our newsletter at edgartowncoa.com for more information.

Lunches, Noon
\$2 Tuesday — sandwich, soup, dessert
\$5 Friday — entrée, soup, dessert

Property Tax Relief Programs for Edgartown Property Owners
March 1, 12:30, Cindy Sherman, administrative assistant to Edgartown assessors, gives a brief overview of available options for taxpayers to reduce their annual property taxes. Call to sign up, 508-627-4368.

Edgartown Bowlers
March 4, join Team Anchors to challenge TCOA on the first Monday of each month, 11:30-1:30 at Barn, Bowl and Bistro. All for fun! Lunch included, \$10. Call

to sign up, 508-627-4368.
Cell Phone Class with Wendy and Meris
Having trouble with or questions using your cell phone? Join us March 6 at 1 pm, and we'll figure it out together. Call to sign up, 508-627-4368.
Vineyard Smiles Dental Clinic at the Anchors
March 22, free oral health screening, cleaning, hygiene instruction. Call 508-696-0020 for appointment.
ECOA Art Club – New Classes
Mondays, 9:30-10:30. March 4, Collaging with Deirdre DeCarion; March 11, Drawing Wildlife with Victoria; March 18, Class with Meris Keating; and March 25, Collaging with Victoria. Please call to sign up, 508-627-4368.

Oak Bluffs Highlights - 508-693-4509

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

Coffee with the Chief
TBA, 10 am
Coffee and Conversation with O.B. Police Department Chief Erik Blake.

Animal Companions
March 11 and 25, 1 pm.

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

Friends of the Oak Bluffs Council on Aging
Next meeting, April 2019.

COMSOG Greenhouse and OBCOA Gardening Club
Fridays 10 – 12.

Special Oak Bluffs COA membership rates are \$35 per person, and \$45 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
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!
Men's & Ladies' Luncheon
March 7, noon. Call Rose to sign up!

Health Screenings with Lila Fisher, Public Health Nurse
March 26, 12-1 pm at the Anchors.
Ear Wellness
March 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
March 27, 1 pm, "Christopher Robin." Call to sign up, 508-627-4368.
Pasta
April 1, 10 am with Diane Wall. The thick and thin of pasta, its past and present. Call to sign up, 508-627-4368.

Chair Yoga Dance with Kat, \$5 per class
Tuesdays, 10 am, Thursdays, 10:30 am

Threshold Choir
March 4 and 18, 1 pm
No experience needed, just the desire to sing!

Board of Directors Meeting
March 21, 2 pm

Oak Bluffs Assessors Department Presentation
March 12, 12:30 pm
Program information will be provided regarding the Elder Tax Exemptions available in Oak Bluffs. Be sure to attend this informative program. Call Rose for info.

Tisbury Highlights - 508-696-4205

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

Tom Dresser Book Talk: Martha's Vineyard in WWII
March 22, 1:30 pm.
The small, tight-knit Island community of Martha's Vineyard was irrevocably transformed by World War II. From rationing and blackouts to a military presence in Chilmark, the war was brought home to the residents of the Island. Please join us to learn more.

Energizing Relaxation with Steve Power
Tuesdays, 3 pm.
Energizing relaxation/meditation energizes the brain for greater focus. Bring rug, thick

blanket, or mat for floor. A chair can also be used in this practice if you would be more comfortable. Free-will offering.
Tai Chi with Nan Doty
Thursdays, 8:30 am. Begin the day by enhancing your inner balance and well-being! Tai Chi uses flowing movements and deep, relaxed breathing to develop and circulate vital energy. Tea following for those who can stay. Free will offering.
Gentle Yoga with Carol Vega
Thursdays, 4-5:15 pm
Ahhhh, relax! Complete your busy day with Kripalu Gentle Yoga. Treat your body

as the temple it is, your breath as the life it gives, and your mind with its guide of awareness and perception as it guides you. Be (or stay!) strong, limber & present for a joyful, peaceful life. This is a gentle class, no experience required. Bring mat for floor work. \$10
Senior Bowling at Bowl, Barn & Bistro
March 4, 11:30 am
Join our "Seniors" Bowling Team. Includes 1 hour of bowling (shoes and bowling balls included) and a delicious lunch prepared by the B,B&B kitchen. \$10. It's fun! Reserve by Friday, March 1: 508-696-4205.

Up-Island Highlights - 508-693-2896

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

Open Studio Tuesdays at Howes House with Steve Engley
Tuesdays, 2-3:30
Artists and craftspeople! Bring your unfinished project or your unrealized vision to Howes House to get it to that next level. Howes House Open Studio Tuesdays have tons of crafts projects to do, including birthday and holiday cardmaking. Every class will include a FREE themed guided instruction by the studio monitor, Stephen Engley. In March, some classes will include a live portrait model! All advertised projects have supplies provided; suggested donation \$8.
Two-Person Comedy Act: "Mabel & Jerry 2: Obstacles to the Altar"
Monday, April 11, 1 pm. Free and open to the public. Refreshments provided! In this witty comedy written and performed by well-known comedian Steve Henderson, proposing was never as wonderful, never as fraught with mishaps and false starts and never as hilarious as this!

Mabel and Jerry have arrived at your senior center, each planning to pop the question to the other. Will she say yes? Will he? A terrific performance, free and open to the public. Light refreshments.
Vineyard Isle Parkinsonian's Support Group
March 11, 10:30 am. Call for details.
Parkinson's Caregiver Support Group
Call Bethany for further information.
Outreach Services
Available Monday to Friday 9:30 am to 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.

SHINE NEWS

Are you happy with your 2019 Medicare health insurance plan?

Now that you are a few months into 2019, let's think about your 2019 Medicare health and prescription plans. Have you had some out-of-pocket expenses you did not anticipate? Were your copayments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage?

SHINE counselors can help explain your policies so you have a better understanding of what your financial obligations are. We can also look to see if you qualify for any assistance programs, to help alleviate some of the out-of-pocket expenses.

We are here to help. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage.

You can make an appointment with a SHINE counselor at your local senior center, or call the regional SHINE Office, Barnstable County Department of Human Services, at 508-375-6762.

Service Programs and Support Group Directory

Health Promotion

BLOOD PRESSURE AND WELLNESS CLINICS:

Vineyard Scripts, Beach Road, 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: March 19, 10 – 11

CHILMARK

Chilmark library: March 20, 11 – 1

EDGARTOWN

Edgartown library:

March 6, 10 – 11
Edgartown Stop & Shop Pharmacy:
March 6, 11:30 – 1:30
Edgartown Town Hall:
March 26, 10 – 11:30
Edgartown COA: March 26, 12 – 1

OAK BLUFFS

Woodside Village I:
March 25, 11:30 – 12:30
Woodside Village II:
March 25, 12:45 – 1:30
Oak Bluffs COA:
March 5 & 21, 12:30 – 1:30

TISBURY

Tisbury COA:
March 5, 10 – 11 am
Island Food Pantry:
March 13 & 20, 2 – 3

WEST TISBURY

Up-Island COA, Howes House:

March 12, 10 – 11:30
West Tisbury library:
March 12, 1:30 – 3

HEARING SERVICES:

Call in advance for an appointment

OBCOA:

March 19, 11 am, call Rose, 508-693-4509, ext. 3 for appt.

UICOA: Vineyard Audiology

Screenings & repairs
Call 508-457-9285 for appointment.

ECOA: Ear Wellness

March 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, 508-457-9285.

Vineyard Smiles Dental Clinic at the Anchors

March 22, free oral health screening, cleaning, hygiene instruction. Call 508-696-0020 for appointment.

PODIATRY & FOOT CARE:

Pedi-Care w/Michelle LeBlanc, R.N.

Call 508-693-2896 for an appointment: half-hour appts., \$30
OBCOA, March 13, 9 am
Call 508-693-4509, ext. 3
ECOA, next date in April, 1 – 3:30 pm
Call 508-627-4368.
UICOA, March 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)

Katie Wibbey, Elder Law Attorney
March 4, TCOA. Appointments starting at 9:30 am. Call COA for appointment, 508-696-4205.

Free Legal Clinic

March 13, UICOA

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

Attorney Appointments, ECOA

March 21, free consultation, by appointment only, 1 – 3pm. Call 508-627-4368 for appointment. See “Noteworthy” for details.

Social Security Video Display Program

March 25, 9 am – 12 pm, OBCOA
Meet with a Social Security representative via Skype in a private office at OBCOA. Call 508-693-4509 in advance for an appointment.

Social Security

Falmouth office, 855-881-0212.

Funeral Consumers Alliance

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 Street, VH,
info at 508-693-5339.

Island Food Pantry

Christ United Methodist Church,
Church Street, VH,
info at 508-693-4764.

TRANSPORTATION:

Vineyard Transit Authority

\$40 annual senior bus passes available at local Senior Centers, 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

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.
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 & 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, 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, ext. 210.

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.

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

March 18, 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,

508-627-4368, ext. 15

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

Third Wednesdays, 4 pm

M.V. Community Services Bldg. C, / Conference Room 1.Alan Ganapol, facilitator, 914-318-1477 (mobile)

Vineyard Isle Parkinsonian’s Support Group, UICOA

March 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, ext. 211.

MVRHS LUNCHEON

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

Thursday, March 14

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	<p>Yoga Chair Dance, OBCOA \$5 per class. Tues., 10 am, Thurs., 10:30 am</p> <p>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</p> <p>Yoga w/ Carol Vega, ECOA & TCOA \$10 per class <i>ECOA:</i> Thurs. 9 am (<i>no class March 7</i>) <i>TCOA:</i> Thurs. 4 - 5:15 pm</p> <p>Yoga Classes, TCOA Instructor: Steve Power, \$8. First class free. Kundalini Yoga: Wed., 3:30 - 4:30 pm Yoga & Meditation: Tues., 11 - 12 noon.</p> <p>Gentle Yoga, TCOA Thurs., 4:00 - 5:15 pm. \$10 Instructor: Carol Vega</p> <p>Energizing Relaxation with Steve Power, TCOA Tues, 1:30-2:30. See “Tisbury Highlights” section. Call to register: 508-696-4205.</p> <p>Wisdom Healing Qi Gong, UICOA Mon, 5 pm. \$12 discount fee for seniors.</p>	<p>Instructor: Allison Parry. Cultivate source energy, awaken consciousness, activate healing, and restore mind/ body balance. For info, call or text 508-397-1743.</p> <p>Tai Chi with Nan Doty \$10 per class. Held at ECOA & TCOA <i>ECOA:</i> Two classes every Wed. Teatime in between. “Tai Chi Form” 9:30-10:30 “Qi Gong Easy ” 11-12. Preregistration required, 508-627-4368. <i>TCOA:</i> Thurs. 8:30 - 9:30. Teatime following See “TCOA Highlights” for more info. Preregistration required, 508-696-4205</p> <p>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.</p> <p>Strength Training, UICOA With Katryn Gilbert \$8 (first class is free) Mon. & Wed., 5:30 pm</p>	<p>Tues. & Thurs., 8:30 & 9:30 Sat., 9 am</p> <p>Balletics, UICOA Wed. & Fri., 8:15 – 9:15 am. \$12. Instructor: Karen Cullinan, Call 508-693-7730 for info.</p> <p>Dancing and Movement, OBCOA Fri., 1 – 2:30 pm. A great way to exercise, improve mobility and balance, and have fun!</p> <p>Dance Free, UICOA Tues., 3-4. No money, no teacher, no instructions. Dance to catchy, funky, rhythmic music.</p> <p>OB Exercise Classes, OBCOA Mon., 8:45 am Group Exercise Thurs., 9 am w/ Bill White Fri., 8:30 w/ Floyd</p> <p>Walking Club, OBCOA Tues. 10 – 11:30 am, free</p> <p>Fitness w/ Catie, TCOA Tues.: 9:30 am Thurs.: 10:30 am Instructor: Catie Blake Free. Equipment provided. Call 508-696-4205 for info.</p> <p>Walking Club, OBCOA</p>	<p>Tues., 10 – 11:30 am Free. Meet at OBCOA (weather permitting).</p> <p>Aquatic Exercise Class Mansion House Pool Call Mansion House for info, 508-693-7400.</p> <p>YMCA Senior Fitness Classes Free with Y membership or daily-use fee. Go to ymcamv.org for info and program guide.</p> <p>Misty Meadows Equine Learning Center Participate in facilitated interactions with our four-legged friends. Call 508-338-7198 for info.</p> <p>Airport Fitness: Senior Fitness classes Mon., Wed., & Fri., 9:45 am. Free with Fitness Membership or daily-visit fee. For info visit airportfitnessmv.com or call 508-696-8000.</p> <p>Bowling & Lunch at Bowl, Barn & Bistro, ECOA & TCOA Register by last Friday of previous month. 1st Monday of the month unless otherwise noted. 11:30 – 1:30. \$10. ECOA: Will resume March 4. Call 508-627-4368 to register.</p>
	<p>Ideas, Books, and Plays</p> <p>Coffee & Conversation, OBCOA Mon.-Fri., 8:30 am</p> <p>Discussion Group, UICOA Tues., 9:30 am Open discussion, all welcome. Call 508-693-2896 for information.</p> <p>Group Crossword, TCOA Tues., 1:30 pm</p> <p>Conversations with Barbara Plessner, OBCOA Fri., 10-11:30 am</p> <p>Friday Morning Conversation Group, ECOA March 1 and 15, 10 am</p>	<p>Refreshments.</p> <p>Play Readers, TCOA Weds.: 9 am – noon Producer: Bari Boyer March 6: “Race” by David Mamet; Director: Joe Corbo March 13: “Never the Sinner” by John Logan; Director: Roberta Hurtig March 20: “Anastasia Trials in the Court of Women” by Carolyn Gage; Director: Johanna Kobran March 27: “Witness for the Prosecution” by Agatha Christie;</p>	<p>Director: Maggie Bruzelius</p> <p>Poetry Reading/Discussion, TCOA March 4, 10 am</p> <p>Poetry w/ Jill Jupen, ECOA Thurs., 9:30 am</p> <p>Tisbury Book Club Books available at the V.H. library. Call 508-696-4205 for information.</p> <p>Book Discussion Group Edgartown Public Library, call Lisa, 508-627-4221, for information.</p> <p>Book Group for Women & Men, ECOA March 27, 3 pm, with Jill Jupen</p>	<p>Book TBA. Refreshments. Call 508-627-4368.</p> <p>Howes House Writing Group, UICOA On hiatus until spring</p> <p>Documentaries & Discussion, TCOA Thurs., 1:30 pm</p> <p>Ukulele Group, TCOA Weds., 1 – 3 pm. Free. Instructor: Martha Child All levels welcome.</p> <p>Music & Memory Cafe Thurs. 10 – 12 MV Center for Living, 508-939-9440</p>
	<p>Arts and Crafts</p> <p>Art Club, ECOA Mon., 9:30 – 10:30. March 4, Collaging with Deirdre DeCarion. March 11, Drawing Wildlife with Victoria. March 18, Class with Meris Keating . March 25, Collaging with Victoria. Call to sign up, 508-627-4368.</p> <p>Color a Mandala, TCOA</p>	<p>Thurs., 1:30. Free. Supplies provided. Fun & relaxing, bring a friend!</p> <p>Creative Painting, TCOA Call for info, 508-696-4205.</p> <p>Knitting w/ Nancy Merjos, OBCOA Thurs., 1 pm. Call 508-693-4509.</p> <p>Knitting/Needlework, TCOA Mon., 9:30 – 11:30 am</p> <p>Mindful Knitting, ECOA Mon., 3:30 – 5:30 pm. Not an instructional group. Call 508-627-4368.</p> <p>Needlework for Charity, ECOA</p>	<p>Tues., 10 am. Make projects benefiting charitable organizations, or your personal project. The more the merrier! Knitting, crewel, needlepoint, crochet, and more!</p> <p>Needlepoint, ECOA Thurs. 2 – 4 pm Bring any projects you are working on — need not be needlepoint.</p> <p>Open Studio Tuesdays at Howes House, UICOA Tues. 2:00 – 3:30, \$8 suggested donation. Instructor: Steve Engley See “UICOA Highlights” for details.</p>	<p>Call 508-693-2896.</p> <p>UFOs – 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.</p> <p>Watercolor Painting with Nancy Cabot, UICOA Fri., 1 pm. Beginners welcome! Woodcarving, OBCOA Mon. & Thurs., 9 am – 11 am</p> <p>Woodcarving, OBCOA Mon. & Thurs., 9 am – 11 am</p>
	<p>Cards and Games</p> <p>Cribbage, OBCOA Fri., 9 am</p> <p>Bingo, OBCOA Second Wed. of the month. 1 – 3 pm & 6 – 8 pm</p> <p>Bridge: Ladies, OBCOA Tues., 9:30 – 11:30</p>	<p>Bridge: Nonsanctioned Duplicate, ECOA Thurs. 12 – 3 Call or email Carol for info: 508-627-4722, fligors@comcast.net.</p> <p>Bridge Games, TCOA Duplicate Bridge — Mon., 1:15 pm Call Gayle for info: 617-966-7904. Party Bridge — Fri., 1-4 pm</p>	<p>Call Trudy for info: 508-627-6719. Hand & Foot Card Games, OBCOA Mon. – Fri., 9 am</p> <p>Ladies Cards, OBCOA Tues., 1 pm</p> <p>Mah Jong ECOA, Tues. & Fri., 1 pm UICOA, Wed. 1 pm & Thurs. 1:30 pm</p>	<p>OBCOA, Mon. 1 pm</p> <p>Men’s Cards, OBCOA Wed., 9 am</p> <p>Scrabble, OBCOA Fri. 9 am</p> <p>Rummy, OBCOA Tues. & Thurs., 1 pm</p>

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. Ap- pointments 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 In- formation Questionnaire that is available at each Council on Aging.

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 • Bite on the Go •
• Linda Jean’s • Island Fresh Pizza & Subs •
• Catered Creations by Johnny Smiles •
• Anonymous •