

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

April 2019 - Vol. 23, Issue 4

ELDER LAW

Sick? Call your doctor – then call your lawyer

By Arthur P. Bergeron.

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

This past month, two different people called. Each had a relative close to death, and unless some immediate steps were taken, there would need to be a probate of the dying person's estate. Both owned real estate in their individual name.

"Alan" wished for his property to go to his children. Alan had previously executed a durable power of attorney, giving someone he trusted the ability to handle his financial affairs. Therefore, we were able to have the person Alan had named in the power of attorney execute a deed on Alan's behalf, transferring a so-called "remainder interest" in the property to Alan's children and retaining a "life estate" for Alan himself.

"Bob" wished for his property to go to his parents, but had not executed a power of attorney. It was unclear whether Bob would be lucid enough to sign one, and he passed away before a determination could be made. Bob's family will need to go through the probate process.

The moral of this story? ALWAYS have a durable power of attorney, and if someone gets sick, call your lawyer. 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

Flag Etiquette

The flag should:

- Never be dipped to any person or thing, and flown upside down only as a distress signal.
- Not be used as a drapery, covering, or any decoration. Bunting of blue, white, and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.
- Never be used for advertising. It should not be embroidered, printed, or otherwise impressed on anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard
- Not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, firemen, policemen, and members of patriotic organizations.

- Never have placed on it, or attached to it, any mark, insignia, letter, word, number, figure, or drawing of any kind.
- Never be used as a receptacle for receiving, holding, carrying, or delivering anything.

The Flag Code formalizes and unifies traditional ways in which we give respect to the flag, and contains specific instructions on how the flag is not to be used.

When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag, it should be folded neatly and ceremoniously.

The flag should be cleaned and mended when necessary.

When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

We put new flags on veterans' graves every Memorial Day. Due to the harsh winter, we had some flags lost. If you do not have a flag on a veteran's grave, please call the Veterans' Office at 508-693-6887.

Martha's Vineyard Center for Living Supportive Day Program



CARE | SUPPORT | RESOURCES

Leslie Clapp, Director

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.



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



(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.

GET YOUR AD ON THE FERRIES
FOR THE MONTH OF MAY!



vineyardvisitor.com

Now a full-color, glossy magazine

Distributed year-round in hotels, inns, stores, and vacation rental packets.



To advertise, call 508-693-6100, press 2, or email adsales@mvtimes.com

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

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 edgartowncoa.com for more information.

Lunches, Noon

\$2 Tuesday — Sandwich, soup, dessert
\$5 Friday — Entrée, soup, dessert

Edgartown Bowlers

May 6, 11:30 am to 1:30 pm, at Barn Bowl & Bistro. \$10, lunch included. Last of the season! Join Team Anchors to challenge TCOA. Resumes in October. Call to sign up.

The Effects of Hearing Loss

May 7, 12:30 — during lunch. With Shawn Woodbrey, licensed hearing aid specialist. Call to sign up.

Conversation Group with High School Students

May 17, 10 am. Meet with MVRHS students for conversation and refreshments. It's "Give Back Day" for high school students, and they want to visit with Anchors seniors. Call to sign up.

On Display in May

Kerry Hallam is a British-born artist who has spent the majority of his life coloring the world with his music, writing, and impressionist paintings of the world's most beautiful shorelines.

Name That Tune with Adele Dreyer

May 24, 12:30, during lunch. Call to sign up.

Health Screenings with Lila Fisher, Public Health Nurse

May 28, 12 to 1 pm at the Anchors.

ECOA Book Group

May 29, 3 pm, led by Jill Jupen. May's book TBA. Refreshments.

Poetry, Jill Jupen

9:30 am, Thursdays

Needlework for Charity

Tuesdays at 10 am. Make projects benefiting charitable organizations, also work on your personal project. The more the merrier! Bring knitting, crewel, needlepoint, crochet, etc.!

Needlepoint

Thursdays, 2 to 4 pm. Bring any projects you are working on — need not be needlepoint.

Non-Sanctioned Duplicate Bridge ECOA

Contact Carol by email for seating and dates at fligors@comcast.net, or call 508-627-4722.

Oak Bluffs Highlights - 508-693-4509

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

Coffee with the Chief

Date TBA, 10 am
Coffee and conversation with O.B. Police Chief Erik Blake

Friends of the Oak Bluffs Council on Aging Meeting

May 9, 2 pm

Animal Companions

May 13, 1 pm

Men's and Ladies' Luncheon

May 1, noon. Call Rose to sign up.

Threshold Choir

May 6 and 20, 1 pm
No experience needed. Just the desire to sing!

Chair Yoga Dance with Kat

Tuesday and Thursday, 10:30 am. \$5 per class.

OBCOA Walking Club

Tuesday (weather permitting), 10 to 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!

Board of Directors Meeting

May 16, 2 pm

Men's and Ladies' Poker Group

Call Rose if you would like to play, and are interested in creating a group.

COMSOG Greenhouse and OBCOA Gardening Club

Friday 10 to 12 noon. Special Oak Bluffs COA membership rates are \$35 per

person, \$45 per couple!

Call Rose at 508-693-4508, ext. 3, or Diane Sylvia of COMSOG at 508-627-2791 for info regarding membership.

Cape Light Compact Presentation, OBCOA

June 6, 12:30 pm. Free.

Chris Schell will talk about free and reduced-cost programs regarding energy efficiency and weatherization of your home. Call Rose to sign up, 508-693-4509.

UFOs – Unfinished Forgotten Objects, OBCOA

Friday, 1 to 2:30 pm

Bring projects you've been putting off to finish, on your own or with the group!

Tisbury Highlights - 508-696-4205

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

Play Readers

"Directors Choice," featuring: Zany Surprises
Wednesdays, 9 am.
Listeners always welcome!

Tom Dresser Book Talk

May 17, 1:30 pm
"Travel History of Martha's Vineyard."
Call to sign up.

Yoga/Energizing Relaxation with Steve Power

Tuesdays, 3 pm. Energizing relaxation/meditation with ASMR energizes the brain for greater focus. Bring rug, thick blanket, or mat for floor. Good-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. Good-will offering.

Gentle Yoga with Carol Vega

Thursdays, 4-5:15 pm
This is a gentle class, no experience required; bring mat for floor work. \$10 to instructor.

Senior Bowling at Bowl Barn & Bistro

May 6, 11:30 am. \$10, lunch included. Join us to challenge Edgartown bowlers and enjoy a delicious lunch together. Last of the season, resumes in October. RSVP by May 3.

Boston Symphony Hall Performance

May 3. Interested? Call 508-696-4205.

Andris Nelsons conducts Strauss, Currier, and Stravinsky, featuring violinist Baiba Skride.
STRAUSS, "Till Eulenspiegel's Merry Pranks"
CURRIER, "Aether"
STRAVINSKY, "Petrushka"

Beginning Tap Dance Class for Seniors with Carol Magee

Wednesdays, 3:15 pm. Free.
For exercise and fun! 1 hr. low-impact tap. Call for more info or to sign up.

Save the Date! Anniversary Open House

June 2, 2 to 4 pm
Come celebrate with live music by Serendipity, refreshments, and door prizes! Free and open to the public.

TRAVEL NEWS

Boston Symphony Hall Performance, TCOA

May 3. See Tisbury Highlights for details. Call 508-696-4205 for more information.

Rhododendron Festival, ECOA

May date TBD.
Call the ECOA to express interest in a trip to the Rhododendron Festival at the Heritage Museum and Gardens in Sandwich in late May, 508-627-4368.

Falmouth Shopping Trip, UICOA

May 15. For more information, or to sign up, call 508-693-2896.

"Waitress, the Musical" at Providence Performing Arts Center, UICOA

Saturday, June 1
Trip includes show tickets, round-trip motor coach, buffet luncheon, and gratuities. Waitlist only. Cost TBA. 508-693-2896.

"Jersey Boys, the Musical" at North Shore Music Theatre, UICOA

Trip in the works for August. Details TBA. Trip includes show tickets, round-trip motor coach, buffet luncheon, and gratuities. Call if interested. 508-693-2896

NOTEWORTHY

Last Day for Fuel Assistance Applications, April 30

If you are low-income and need assistance with fuel bills, April 30 is the last day to apply. For assistance with applications, contact your local COA or the Dukes County Social Service office at 508-696-3844.

Howes House Pie Throw-Down! UICOA, May 20, 1:30 pm.

We're hosting a pie-baking contest in anticipation of our trip to see the musical "Waitress." Judges TBA. Contest rules are as follows: 1. All crusts must be homemade. 2. Pies can be either fruit or savory. Call 506-693-2896 if interested in joining the fun!

Memorial Day Observance, May 27

All sites will be closed in observance of Memorial Day.

Chilmark Library: Meet Your UICOA Staff Information Clinic June 2, 2 to 3 pm.

Staff members of the Up-Island Council on Aging will be available at the Chilmark Public Library for general information or to meet confidentially to discuss questions or concerns. Drop in or by appointment.

Picnic and Tour at Polly Hill Arboretum, UICOA, June 11, rain date June 12. Noon.

Free, arboretum entrance fee is donation, suggested but strongly encouraged. Join us for a provided brown-bag picnic and tour of one of West Tisbury's greatest treasures. Sponsored by the Friends of UICOA and Polly Hill Arboretum. RSVP required by June 8. Space limited. Call 506-693-2896.

Music & Memory Cafe, MV Center for Living Thursdays, 10 am - 12 noon

Join us every Thursday morning for discussion, light refreshments, and sing along with the live band! Hosted by the MV Center for Living, located at 29 Breakdown Lane, Vineyard Haven. For more info call 508-939-9440.

Up-Island Highlights - 508-693-2896

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

Call to sign up for all programs unless otherwise noted.

Open Studio Tuesdays at Howes House with Steve Engley

Tuesdays, 2 to 3:30 pm. Suggested donation \$8. Artists and craftspeople! Bring unfinished projects or unrealized visions, and take them to the next level. Open Studio Tuesdays have tons of crafts and projects, including birthday and holiday cardmaking. All advertised projects have supplies provided.

Pre-Mother's Day Potluck

May 6. 12:30 pm.
In this Mother's Day-themed potluck,

participants are asked to bring a dish that reminds you of your favorite mother figure! Bring a recipe to share! RSVP by April 25.

Howes House Pie Throw-Down!

May 20, 1:30 pm. See Noteworthy for details.

Picnic and Tour at Polly Hill Arboretum, UICOA

See Noteworthy for details.

Howes House Writing Group

Every Tuesday, 11:15 to 1:15 pm. All levels welcome! Feel free to bring a snack to share!

Vineyard Isle Parkinsonians

Support Group

May 13, at 10:30. 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 one of our staff 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 Albertine is UICOA's SHINE counselor, available to assist with health insurance questions.

Service Programs and Support Group Directory

Health Promotion

BLOOD PRESSURE AND WELLNESS CLINICS:

Vineyard Scripts, Beach Road, V.H.
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:
May 21, 10 – 11 am

CHILMARK

Chilmark library:
May 15, 11 – 1 pm

EDGARTOWN

Edgartown library:
May 1, 10 – 11 am
Edgartown Stop & Shop Pharmacy:
May 1, 11:30 – 1:30 pm
Edgartown Town Hall:
May 28, 10 – 11:30 am
Edgartown COA:
May 28, 12 – 1 pm

OAK BLUFFS

Woodside Village I:
May 20, 11:30 – 12:30 pm
Woodside Village II:
May 20, 12:45 – 1:30 pm
Oak Bluffs COA:
May 7 and 16, 12:30 – 1:30 pm

TISBURY

Tisbury COA:
May 7, 10 – 11 am

Island Food Pantry:
May 8 and 15, 2 – 3 pm

WEST TISBURY:

Up-Island COA, Howes House
May 14, 10 – 11 am

West Tisbury library
May 14, 1:30 – 3 pm

HEARING SERVICES:

Call in advance for an appointment.

OBCOA, May TBA, 11 am, call Rose, 508-693-4509, ext. 3, for appt.

UICOA, Vineyard Audiology
Screenings and repairs.
Call 508-457-9285 for appointment.

ECOA: Ear Wellness
May 13, with Shawn Woodbrey, licensed hearing aid specialist. Appointments begin at 9 am. Hearing tests are 30 min-

utes; general ear check and hearing aid checks are 15 minutes. Call Wendy for appointment, 508-627-4368.

TCOA: Miracle Ear

May 29, Audiologist Jason Wenzel is available by appointment for hearing tests or to address other concerns. To schedule appointments, call the Falmouth office, 508-457-9285.

PODIATRY AND FOOT CARE:

Pedi-Care with Audrey Harding

Call 508-693-2896 for an appointment: half-hour appts., \$30
OBCOA, May 8, 9:30 am
Call 508-693-4509, ext. 3
ECOA, May 21, 1 – 3:30 pm
Call 508-627-4368.
UICOA, May 20, 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 and Islands) April 2, ECOA
Katie Wibbey, Elder Law Attorney
Appointments starting at 9:30 am. Call COA for appointment, 508-696-4205.

Free Legal Clinic

May 15, 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
May 20, 9 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

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 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.

SHINE NEWS

Are you or someone you know turning 65, or thinking about retiring?

SHINE can help! Every day there are 10,000 baby boomers turning 65, who are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health-care costs, gaps in coverage, and possibly a lifetime late enrollment penalty. How do you get the Medicare benefit? Can you defer Medicare without penalty? Are you going to continue working past 65? Are you contributing to an HSA (health savings account), and how does that work with Medicare? Each situation is unique, and you want to make the best decisions for you. SHINE (Serving the Health Insurance Needs of Everyone) counselors can sit down with you and go over your situation and all your Medicare options. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs, and are recertified each year to help Medicare beneficiaries navigate the complex health insurance system for free. 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.

ISLAND-WIDE ACTIVITIES CALENDAR

Exercise and Fitness

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

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

Balletics, UICOA
Wednesdays & Fridays, 8:15-9:15 am. \$12.
Instructor: Karen Cullinan,
Call 508-693-7730 for info.

Bowling & Lunch at Bowl, Barn & Bistro, ECOA & TCOA
May 6th, last of the season.
Resumes in October.
First Monday of the month, unless otherwise noted. 11:30 – 1:30. \$10.
Register by last Friday of previous month.
ECOA: Call 508-627-4368 to register.
TCOA: Call 508-696-4205 to register.

Chair Massage, UICOA
May 8 and 22, 9 - 11 am.
With Ellen McMannis of MV Body Works. Promotional discount rate of

\$20 for 20-minute session.
Call 508-693-2896 for an appointment.

Dance Free, UICOA
Tuesdays, 3 – 4 pm. No money, no teacher, no instructions. Dance to catchy, funky, rhythmic music.

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

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

Got Strength? Strength Training Class, ECOA
Tuesdays, 8:30 am
Thursdays, 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.

Misty Meadows Equine Learning Center
Participate in facilitated interactions with our four-legged friends.

Call 508-338-7198 for info.

O.B. Exercise Classes, OBCOA
Mondays, 8:45 am Group Exercise
Thursdays, 9 am with Bill White
Fridays, 8:30 with Floyd

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

Strength Training, UICOA
With Katryn Gilbert \$8 (first class is free)
Mondays and Wednesdays, 5:30 pm
Tuesdays and Thursdays, 8:30 am and 9:30 am, Saturdays, 9 am

Tai Chi with Nan Doty, ECOA and TCOA
\$10 per class.
ECOA: Two classes every Wednesday.
Teatime in between.
“*Tai Chi Form*,” 9:30 to 10:30 am.
“*Qi Gong Easy*,” 11 to 12 noon.
Preregistration required, 508-627-4368.
TCOA: Thursdays, 8:30 - 9:30.
Teatime following. See “TCOA Highlights” for more info.Preregistration required, 508-696-4205.

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

Meet at OBCOA (weather permitting).

Wisdom Healing Qigong, UICOA
Mon, 5 pm. \$12 discount fee for seniors.
Instructor, Allison Parry,
Cultivate source energy, awaken consciousness, activate healing, and restore mind/body balance.
For info call or text 508-397-1743.

Yoga with Carol Vega
\$10 per class. Bring a mat or blanket.
ECOA: Thursdays, 9 am.
TCOA: Thursdays, 4 to 5:15 pm.

Yoga Chair Dance, OBCOA
\$5 per class.
Tuesdays, 10 am., Thursdays, 10:30 am.

Yoga/Energizing Relaxation with Steve Power, TCOA
Tuesdays, 3. Free-will offering.
Bring a mat or blanket.
See “Tisbury Highlights” section.
Call to register: 508-696-4205.

Yoga for Seniors, UICOA
\$10 per class.
Mondays and Fridays, 10:30 to 11:30 am
Instructor: Martha Abbot
Wednesdays 10:30 to 11:30 am
Instructor: Kanta Lipsky.

Ideas, Books, and Plays

Book Group, ECOA
May 29, 3 pm, with Jill Jupen
Book TBA. Refreshments.
Call 508-627-4368.

Coffee and Conversation, OBCOA
Mondays – Fridays, 8:30 am

Conversations with Barbara Plesser, OBCOA
Fridays, 10 to 11:30 am

Discussion Group, UICOA
Tuesdays, 9:30 am
Open discussion, all welcome.

Call 508-693-2896 for information.

Documentaries and Discussion, TCOA
Thursdays, 1:30 pm

Friday Morning Conversation Group, ECOA
May 3 and 17, 10 am
May 17, special high school guests will join us. Refreshments.

Group Crossword, TCOA
Tuesdays, 1:30 pm

Howes House Writing Group, UICOA
Every Tuesday, 11:15 to 1:15 pm.

All levels welcome! Feel free to bring a snack to share.

Library Book Clubs Tisbury:
Books available at the V.H. library.
Call 508-696-4205 for information.

Edgartown:
Edgartown Public Library,
call Lisa, 508-627-4221,
for information.

Music and Memory Cafe
Thursdays, 10 am – noon
Live music and light refreshments.

Call M.V. Center for Living for info, 508-939-9440.

Play Readers, TCOA
Wednesdays: 9 am to noon.

Poetry Reading/Discussion, TCOA
April 1, 10 am

Poetry with Jill Jupen, ECOA
Thursdays, 9:30 am

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

Arts and Crafts

Art Club, ECOA
Call to express interest, 508-627-4368.

Color a Mandala, TCOA
Tuesdays and Thursdays, 1:15. Free.
Supplies provided.

Creative Painting, TCOA
Call for info, 508-696-4205.
Knitting with Nancy Merjos, OBCOA
Thursdays, 1 pm
Call 508-693-4509.

Knitting and Needlework, TCOA

Mondays, 9:30 to 11:30 am.
Mindful Knitting, ECOA
Mondays, 3:30 to 5:30 pm.
Not an instructional group.
Call 508-627-4368.

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

Needlepoint, ECOA
Thursdays, 2 – 4 pm.
Bring any projects you are working on — need not be needlepoint.

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

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

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

Woodcarving, OBCOA
Mondays and Thursdays, 9 to 11 am.

Cards and Games

Cribbage, OBCOA
Fridays, 9 am

Bingo, OBCOA
Second Wednesday of the month.
1 to 3 pm, and 6 to 8 pm.

Bridge: Ladies, OBCOA
Tuesdays, 9:30 to 11:30

Bridge: Nonsanctioned Duplicate, ECOA
Call or email Carol for info
on dates and seating: 508-627-4722,
fligors@comcast.net.

Bridge Games, TCOA
Duplicate Bridge — Mondays, 1:15 pm
Call Gayle for info: 617-966-7904.
Party Bridge — Fridays, 1 to 4 pm.

Call Trudy for info: 508-627-6719.

Hand and Foot Card Games, OBCOA
Mondays – Fridays, 9 am

Ladies Cards, OBCOA
Tuesdays, 1 pm

Mah Jong
ECOA, Tuesdays and Fridays, 1 pm
UICOA, Wednesdays, 1 pm, and

Thursdays, 1:30 pm
OBCOA, Mondays 1 pm

Men’s Cards, OBCOA
Wednesdays, 9 am

Scrabble, OBCOA
Fridays, 9 am

Rummy, OBCOA
Tuesdays and Thursdays, 1 pm.

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
Island Fresh Pizza & Subs

MVRHS LUNCHEON

Martha’s Vineyard Regional High School
Culinary Arts and Music Departments Culinary Arts Dining Room

Thursday, May 16
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