

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

If You See Something, Say Something

By Arthur P. Bergeron.

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

One of my elder clients — we'll call her Mary — called and told me she had received a call from Springwell, one of the Commonwealth's regional entities that investigates abuse complaints. Mary was told that there had been a report that Mary was not fully competent, and a stepson was taking money from her. Mary called me. I spoke to the caseworker, who asked that I meet with Mary alone to get a sense of the situation. I did, and Mary was just fine. She suspected that the call to Springwell had come from a granddaughter on the West Coast who was concerned that Mary would change her estate plan to include the stepson. I spoke to the caseworker at

Springwell, and am now documenting that, in fact, no money has been stolen, so she can close the case. If you know of an elder who may be being taken advantage of, by strangers, "friends," or relatives, there is someplace you can call. The Commonwealth's Elder Abuse Hotline number is 800-922-2275. Do a friend (or relative) a favor. If you see something, say something. 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/user/ElderLaw-FrankAndMary](https://www.youtube.com/user/ElderLaw-FrankAndMary).

VA NEWS

History of Veterans Benefits in Massachusetts

In the 18th century, towns in the Massachusetts Bay Colony provided assistance to their needy veterans of the French and Indian War (1754–63) between France and Great Britain, fought in North America. The Commonwealth of Massachusetts began providing for its veterans immediately following the Revolutionary War. At the start of the Civil War in 1861, the state legislature formalized the assistance provided to veterans by establishing M.G.L. Chapter 115 and the Department of Veterans Services. In every city and town in the Commonwealth, the legislature created the offices of director of Veterans Services, Burial Agent, and Graves Officer, in recognition of the military services and associated sacrifices by its citizens who protected and defended the U.S. in time of war. It was the desire of the state and local government leaders to recognize this service in our armed forces by providing certain essential benefits to men and women (both living and deceased) who had borne

the burden of military duty, and to their families in order to honor them by providing benefits that were earned by their service. Chapter 115 enables every eligible Massachusetts veteran to receive certain financial, medical, educational, employment, and other benefits. Veterans, their dependents, and surviving spouses have been singled out to receive counsel and assistance dispensed through the 351 municipal Veterans Services offices. Today M.G.L. Chapter 115 requires every city and town to maintain a Department of Veterans' Services through which the municipality makes available to its residents the part-time or full-time services of either an exclusive or district veterans' agent. It is the job of that agent to provide veterans (living and deceased) and their dependents access to every federal, state, and local benefit and service to which they are entitled, including assisting in their funerals and honoring them on Memorial Day and Veterans Day.



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 508-627-0207 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.



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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.

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.

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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

Ear Wellness

June 10, 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. No cost. Call Wendy for appointment, 508-627-4368.

Tom Dresser's New Book

June 12, 1 pm, join us to learn about "A Travel History of Martha's Vineyard: From Canoes and Horses to Steamships

and Trolleys." Refreshments. Call to sign up, 508-627-4368.

Health Screenings with Public Health Nurse

June 25, 12–1 pm at the Anchors.

Stay Tuned for "Get the Most from Your iPad"

Wonderful Kathy Lavieri, a technology trainer with over 20 years experience, works with adult learners. Topics include iPad terminology, organizing your apps, keeping your iPad up to date, and becoming familiar with iCloud. Please call for dates and times, 508-627-4368.

ECOA Book Group

June 26, 3 pm, led by Jill Jupen. June's book TBA. Refreshments.

Poetry, Jill Jupen ECOA

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, ECOA

Thursdays, 2–4 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

June 10 and 24, 1 pm

Animal Companions

May 13, 1 pm

Men's and Ladies' Luncheon

June 5, noon. Call Rose to sign up.

Threshold Choir

June 3 and 17, 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

June 20, 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.

Music and Art with Melissa Blythe Knowles

COMING SOON! Tuesdays at 1 pm for July and August. Join us at the OBCOA on Tuesday afternoons this summer for music and art under the instruction of Melissa Blythe Knowles. No charge for classes; call Rose for more info.

Tisbury Highlights - 508-696-4205

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

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.

Beginning Tap Dance Class for Seniors with Carol Magee

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

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.

Fitness with Catie

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

Bridge Games

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.

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.

Documentaries and Discussion

Thursdays, 1:30 pm

Group Crossword

Tuesdays, 1:30 pm

Ukulele Group

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

Diabetes Support Group

June 17, 1-2 pm
Topic to be announced. Call for info.

SHINE Appointments

June 13 and 27, 12 to 4 pm
Trained SHINE counselor JoAnn Murphy will be available for appointments to discuss insurance questions. Call the senior center to make an appointment.

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, 2–3:30. \$8 suggested donation
Artists and craftspeople! Bring your project or vision to Howes House and bring it to the next level. Tons of crafts projects, including birthday and holiday card making. All advertised projects have supplies provided.

Picnic and Tour at Polly Hill Arboretum

June 11, noon. Rain date 6/12.
Join us for a provided brown-bag picnic and tour. Sponsored by Friends of UICOA and Polly Hill Arboretum. RSVP required by June 8. Space limited. Free, but suggested donation for entrance to Arboretum strongly encouraged.

American Cancer Association Presentation

June 24, 1 pm

Chilmark Library: Meet Your Staff Information Clinic

July 2, 2–3pm
UICOA staff members will be available at the Chilmark Public Library for general information or confidential meetings. Drop in or by appointment.

Howes House Writing Group Is Back!

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

Pop-Up Origami

June 26, 2 pm. Free.
Learn the ancient art of Japanese paper folding. Using traditional, vibrantly

patterned origami paper, make fun and beautiful objects. RSVP.

Vineyard Isle Parkinsonian's Support Group

June 10, 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 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 filling out a File of Life cards, all free of charge. Joyce Albertine is UICOA's SHINE counselor, available to assist with health insurance questions.

TRAVEL NEWS

Waitress the Musical at the Providence Performing Arts Center, UICOA

Saturday, 6/1
Spots still available!!!
Call 508-693-2896 for info

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

Trip in the works for August. Details TBA. Call 508-693-2896 for info.

Trips include show tickets, round trip motor couch, buffet luncheon, and gratuities.

DEMENTIA FAMILY SUPPORT SERVICES

For families and caregivers of individuals with Dementia

Dementia Caregivers Support Group

Held on the 2nd and 4th Friday of the month at the MV Center for Living
9:30 – 11:00 AM
Facilitated by Leslie Clapp & Nancy Langman.

Family Support

Support & Counseling
Referrals & Information
Memory Screening
Education

By appointment with Nancy Langman

For more information or to schedule an appointment call: Martha's Vineyard Center for Living 508-939-9440

There is no fee for this service but donations are gratefully accepted.

NOTEWORTHY

Anniversary Open House at Tisbury COA June 2, 2 to 4 pm

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

Identity Theft / Presentation, TCOA June 19, 1pm.

Detective Max Sherman of the Tisbury Police Department will give a talk on identity theft and how you can protect yourself. Come for just the talk or join us for lunch at noon and stay for the valuable information. Sign up for lunch by June 17 by calling 508-693-8337. For other info call 508-696-4205.

Howes House Annual Art Show, UICOA June 28, 12 to 4 pm, and June 29, 9 to 2 pm

Join us to view the works of the members of the Friday painting group. Nancy Cabot, group facilitator, promises a varied and exciting show including still life and landscape. Call 508-693-2896 for more info.

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:
June 18, 10 – 11 am

CHILMARK

Chilmark library:
June 19, 11 – 1 pm

EDGARTOWN

Edgartown library:
June 5, 10 – 11 am
Edgartown Stop & Shop Pharmacy:
June 25, 10 – 11:30 am
Edgartown Town Hall:
June 25, 10 – 11:30 am
Edgartown COA:
June 25, 12 – 1 pm

OAK BLUFFS

Woodside Village I:
June 17, 11:30 – 12:30 pm
Woodside Village II:
June 17, 12:45 – 1:30 pm
Oak Bluffs COA:
June 4 and 20, 12:30 – 1:30 pm

TISBURY

Tisbury COA:
June 4, 10 – 11 am

Island Food Pantry:
June 5 and 19, 2 – 3 pm

WEST TISBURY:

Up-Island COA, Howes House
June 11, 10 – 11 am

West Tisbury library
June 11, 1:30 – 3 pm

HEARING SERVICES:

Call in advance for an appointment.

OBCOA, June 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

June 10, 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

Sept. 25, 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, June 12, 9:30 am
Call 508-693-4509, ext. 3
ECOA, June 25, 1 – 3:30 pm
Call 508-627-4368.
UICOA, June 17, 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
June 4, OBCOA. Appointments starting at 10:00 am.
Call COA for appointment.

Free Legal Clinic

June 12, UICOA
Patty Mello, elder law attorney
Space limited (Medicaid planning, estate planning, asset protection, wills).
Call 508-477-0267 for an appointment.

Social Security Video Display Program

June 24, 9 am – 12 pm, OBCOA
Meet with a Social Security representative via Skype in a private office at OB-COA. Call 508-693-4509 in advance for an appointment.

Social Security

Falmouth office, 855-881-0212

Private Attorney Appointments

Third Thursday of the month, 1 to 3 pm, by appointment, ECOA
Arthur Bergeron, a private attorney

— not legal aid — will provide free consultations on a monthly basis at the Anchors. After your free consultation, if you choose to retain him in any matter for any reason, he will charge you, and it will cost you money. Whatever those arrangements are will be between you and Mr. Bergeron. Call 508-627-4368 for appointments.

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

June 17, 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

June 10, 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

When Can You Enroll in a Medigap (Supplement) Plan?

Medigap (supplement) plans provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, the insurance companies allow continuous open enrollment. You must have Medicare A and B to

enroll, and cannot be enrolled in a Medicare Advantage plan (HMO, PPO). Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. In Massachusetts, there are two Medigap plans, Core and Supplement

1. The Core plan pays some of the copays and coinsurance for Medicare-covered services, while the Supplement 1 covers all the deductibles, coinsurance, and copays for these services. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare, and you do

not need referrals to see a specialist. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to schedule an appointment with a SHINE counselor.

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 d aily-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.Preregistra- tion 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
June 26, 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
June 7 and 21, 10 am
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 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.

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

Thank you to all the students who shared their culinary and musical talents this school year!

We look forward to returning in October!