



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**

# Protecting the Cottage

By Arthur P. Bergeron.

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

In addition to your home, do you own that special summer place, where you and your family can go to enjoy some time away together? If so, you most likely would like to leave that vacation home to your family to enjoy for generations to come, without worrying about having to sell it in order to qualify for MassHealth, either because you need nursing home care or because you need a lot of care at home.

Your vacation home is the one asset you'd need to protect ahead of time. Typically, you would do that by conveying a "remainder interest" to your children, or to one or more of them as trustee of an irrevocable trust for their benefit, and retain a "life estate." Five years after you

have transferred this remainder interest, it will no longer be countable or lienable if you later need to qualify for MassHealth. By taking this precaution, you are also avoiding probate and eliminating or substantially reducing any capital gains tax.

So talk to your kids about protecting this family treasure. You may also want to talk with your lawyer. Meanwhile, kick back and enjoy the summer! If you need more information on this, you can contact me at 508-860-1470 or [arbergeron@mirickoconnell.com](mailto:arbergeron@mirickoconnell.com). You can also view my 10-minute Q and A Fireside Chats on Frank and Mary's YouTube Channel, [youtube.com/user/ElderLawFrankAndMary](https://www.youtube.com/user/ElderLawFrankAndMary).



## SEE THE THIRWOOD DIFFERENCE SPACIOUS LIVING IN A BEAUTIFUL SETTING

### ALL INDEPENDENT AND ASSISTED LIVING RENTAL APARTMENTS FEATURE:

- Reasonably Priced Flexible Options
- One & Two Bedroom Apartments up to 900 sq. feet
- Village Apartments up to 1700 sq. feet
- Full Kitchen
- Patio/Balcony
- Washer/Dryer
- Ample Storage
- Golf Privileges
- Supportive Care
- 24-Hour Security
- Multiple Dining Choices
- Fitness Center with Heated Indoor Pool
- Social & Physical Activities
- Weekly Housekeeping
- Linen Service
- Transportation
- Health & Wellness
- Move-In Coordinator

To learn more about our flexible rental options at Thirwood Place, visit us online at [ThirwoodPlace.com](http://ThirwoodPlace.com) or stop by and join us for a casual tour to experience the Thirwood difference.



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[www.ThirwoodPlace.com](http://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.

**VA NEWS**

# Your military discharge papers

The family of a veteran recently stated they might not be able to get a flag for their deceased because the DD-214 could not be located. The DD-214 is the most important document that you have. To file any claim with the VA, to register for VA Healthcare, to apply for benefits through Chapter 115, for military burial or other benefits, the first thing you will be asked is, Do you have your military discharge (DD-214)?

If you enlisted from Massachusetts, the Military Records Branch, Office of the Adjutant General, in Boston maintains copies of DD214 for the following periods: WWII (1941-46), Korean War (1950-1955), Vietnam War Era (1959-1975), and from 1979 to the present.

If Military Records does not have your discharge, you need to send to National Personnel Records Center (Military Personnel Records) in St. Louis, Mo., for your discharge. If you do this online, you can have your discharge with in 30 days. DD214 is available to the next of kin if deceased: parents, spouse, children. If your DD214 was destroyed in the fire of 1973, the primary record custodian can issue you a "Certificate of Military Service" to verify military service, which can be used for any official purpose.

You can also call your local veterans agent to see if they have the discharge on file. Please consider giving a copy of your discharge to Veterans Services or a family member for safekeeping.

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

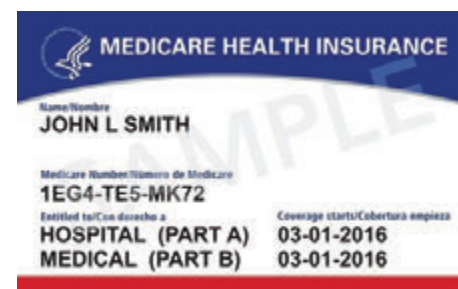
**Leslie Clapp, Director**

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.

**SHINE NEWS**

## YOUR NEW MEDICARE CARD SHOULD HAVE ARRIVED IN THE MAIL BY NOW!



**What if you didn't get your new Medicare card?**

Your [new Medicare card](#) should have arrived in the mail by now. If you didn't get it, here's what to do:

- Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services.
- If the card didn't arrive, **call us at 1-800-MEDICARE**. Our call center representatives can check the status and help you get your new card.

**You will need to have your new card before 12/31/2019, so it is important to call for your new card if you did not receive one yet. The mailings were done last summer.**

## edible VINEYARD is back!

The **MVTimes** will publish two issues of Edible Vineyard this summer – **June 10 and August 1.**

Email or call us about advertising in this beloved Island magazine.

To advertise, call 508-693-6100, press 2

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

### Lunches, Noon

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

### Ear Wellness

July 8, 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 Meris for appointment, 508-627-4368.

### Health Screenings with Public Health Nurse

July 23, 12-1 pm at the Anchors.

### "Get the Most from Your iPad" at the Edgartown library

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. July 31 at 10:30 am. Call to sign up, space is limited. 508-627-4368.

### ECO A Book Group

July 31, 3 pm, led by Jill Jupen. July's book is "Couples" by John Updike. Refreshments.

### Poetry, Jill Jupen, ECO A

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, ECO A

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

### Non-Sanctioned Duplicate Bridge ECO A

Mondays from 12:30 - 3:15 and Wednesdays from 12:30 - 3:30. Contact Carol by email for seating and dates at [fligors@comcast.net](mailto:fligors@comcast.net), or call 508-627-4722.

# NOTEWORTHY

### Holiday Closures

All sites will be closed on July Fourth in observance of Independence Day.

### Annual Cookout, UICOA

August 9, 11:30am - 1:30pm. Join us for live music, food, and friendship. Make your reservations now. Sponsored by Friends of UICOA. Space limited. Call 508-693-2896.

### Annual Lobster Picnic at the Galley in Menemsha, UICOA

Sept. 9, 12 pm. Call now to reserve. Space limited. Call 508-693-2896.

### Vineyard Health Care Access Program

The Vineyard Health Care Access Program can offer guidance and assistance to seniors with questions about their health insurance, Medicare, or other benefits. Office hours are Monday - Thursday 9 to 5, and Fridays by appointment. For more information or to schedule an appointment, call 508-696-0020.

### Housing Options Handbook for Elders

Healthy Aging MV has a new handbook that serves as a valuable resource for elders looking for housing information on Martha's Vineyard; it's based on Healthy Aging MV's Housing Options Forum, hosted in March. The handbook contains a directory with important phone numbers and websites, as well as full summaries and slide presentations from the event. Printed copies are available for viewing at every Council on Aging and Island library; the Handbook is also available on their website to view, download, and print at [hamv.org](http://hamv.org).

### NEW PROGRAM! Photography with Larry Cross, OBCOA

Wednesdays  
Starting July 10, 9:30 am. Experienced or budding photographers will enjoy this program offered by Larry Cross. Larry has expertise in working with various formats and techniques. Please come by to see for yourself how much fun and how rewarding photography can be! Call for more information.

### Woods Hole Oceanographic Institute's PEP Group at the OBCOA

July 26, Call 508-693-4509 x3 for more info and to reserve spot. High School and College Students will speak about their projects and experiences while on the Cape at the Institute.

## Oak Bluffs Highlights - 508-693-4509

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

### Coffee with the Chief

July 12, 10 am  
Coffee and conversation with O.B. Police Chief Erik Blake

### Friends of the Oak Bluffs Council

July 11, 2 pm

### Animal Companions

Returns in September.

### Men's and Ladies' Luncheon

July 3, noon  
Call Rose to sign up.

### Threshold Choir

July 1 & 15, 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

July 18, 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.

### Music and Art with Melissa Blythe Knowles

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

### Volunteers needed for annual Bastille Day Luncheon in July

Friends of the Tisbury Council on Aging will host Bastille Day fete with Movie, Popcorn, Lemonade, Iced Tea, Holiday Cake and Cookies. Discover who the Friends are, and what they do. Would you be willing to help? Ideas? Call 508-696-4205, M to F, 8:30 - 4:30.

### Jane Goldberg's Traveling Tap Museum, August 22, 1pm

A mobile set and exhibition, the Traveling Tap Museum folds up and is pulled on a large granny cart. The moving kiosk "museum" contains a collection of images; old-time tap greats in rare photographs that hang

on a beautiful handmade curtain as a proscenium background. Folding panels open out to display rare posters, articles, tap shoes, taps, tapes, costumes. Dancers tell anecdotal stories about the pictures, sing songs, and perform classic and modern tap routines. The Tap Museum hopes to keep its mission alive: to create, preserve, and perform tap to new audiences.

### Day-Trips to Fall A Series Boston Symphony Orchestra Concerts beginning in September.

Call 508-696-4205. Ask for Sandy.

### Color a Mandala

Tuesdays and Thursdays, 1:15pm, Fridays, 10:45 am. Bring a friend.

Over 100 color pencils to get creative with!

### Diabetes Support Group

July 15, 1 pm

### Fitness with Catie

Tuesdays: 9:30 am  
Thursdays: 10:30 am  
Instructor: Catie Blake  
Free. Equipment provided.

### 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.

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

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

### Traveling Tap Dancing Museum, UICOA

Friday, August 23. 10 am. Free. Join Sarah Safford as she brings to us the Traveling Tap Museum (TTM)! "Inspired by the kiosks set out in Moscow before the Russian Revolution of the 19th century, TTM brings history, rare artifacts, and live dancing, all contained in a traveling, folding 'granny cart.'"

### Chilmark Library: Meet Your Staff Information Clinic

Tuesday, July 2. 2 pm - 3 pm  
Staff members of the UICOA 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.

### Pop-Up Origami

Fourth Wednesdays of the month. 2 pm. Free.  
July 24 and August 28  
Join Howes House staff in learning the ancient art of Japanese paper folding. Using traditional, vibrantly patterned origami paper, make fun and beautiful objects such as paper cranes. Please RSVP.

### Howes House Writing Group Is Back!!!

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

### Vineyard Isle

Parkinsonian's Support Group  
July 8, 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.

# 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:**  
July 16, 10 – 11 am

#### **CHILMARK:**

**Chilmark library:**  
July 17, 11 – 1 pm

#### **EDGARTOWN:**

**Edgartown library:**  
July 3, 10 – 11 am

#### **EDGARTOWN STOP & SHOP PHARMACY:**

July 3, 11:30 – 1:30 pm

#### **EDGARTOWN TOWN HALL:**

July 23, 10 – 11:30 am

#### **EDGARTOWN COA:**

July 23, 12 – 1 pm

#### **OAK BLUFFS:**

**Woodside Village I:**  
July 15, 11:30 – 12:30 pm

**Woodside Village II:**  
July 15, 12:45 – 1:30 pm

#### **Oak Bluffs COA:**

July 2 and 18, 12:30 – 1:30 pm

#### **TISBURY:**

**Tisbury COA:** July 2, 10 – 11 am

#### **Island Food Pantry:**

July 3 and 17, 2 – 3 pm

#### **WEST TISBURY:**

##### **Up-Island COA, Howes House:**

July 9, 10 – 11 am

##### **West Tisbury library:**

July 9, 1:30 – 3 pm

Hearing Services, call in advance for an appointment.

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

##### **UICOA: Vineyard Audiology**

Screenings and repairs.

Call 508-457-9285 for appointment.

##### **ECO: Ear Wellness**

July 8, 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**

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**, July 10, 9:30 am

Call 508-693-4509, ext. 3

**ECO**, July 16, 1 – 3:30 pm

Call 508-627-4368.

**UICOA**, July 22, 9 am

Call 508-693-2896.

## Insurance, Legal, Social Security

### **Health Insurance Counseling, Medicaid, and MassHealth Info:**

#### **S.H.I.N.E.**

**ECO**, call 508-627-4368 for an appt.

**OBCOA**, call 508-693-4509, ext. 3, for appt.

**TCOA**, call 508-696-4205 for an appt.

**UICOA**, call 508-693-2896 for an appt.

#### **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)**

Katie Wibbey, elder law attorney  
July 2, TCOA. Appointments starting at 10 am. Call COA for appointment.

#### **Free Legal Clinic**

July 10, 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**

July 22, 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.

#### **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**

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 and time.

#### **First Baptist Church Parish House**

“Serving Hands”  
Williams Street, V.H., info at 508-693-5339.

#### **Island Food Pantry**

Christ United Methodist Church  
Church Street, V.H., 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 and 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 and disabled.

### **M.V. 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 and Rehab**, 508-696-6465.

Long-term-care nursing home facility, Medicaid accepted.

#### **Vineyard Village at Home (VVAH)**

Referrals, transportation, and assistance with independent living.  
Info and to join, call 508-693-3038, vineyardvillage@gmail.com

## Support Groups and Counseling

### **Cancer Support Group**

Wednesdays, 12 noon, Hebrew Center, Vineyard Haven.

### **Caregiver Support Group**

First and 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 and fourth Fridays, 9:15 am – 10:45 am  
M.V. Center for Living, 29 Breakdown Lane, Vineyard Haven  
Call Leslie Clapp, 508-939-9440.

### **Diabetes Support Group, TCOA**

July 15, 1 pm  
Call 508-696-4205 for information  
Martha's Vineyard M.S. Self-Help Group  
Call 508-693-3193.

### **Memory Support Groups**

Wednesdays, 9:30 am and 11 am  
Featherstone Center for the Arts  
Call Victoria Haeselbarth, 508-627-4368, ext. 15.

### **Music and Memory Café**

Every Thursday, 10 am,  
Music, conversation, laughter, companionship. Light refreshments.  
Drop in. Free of charge.  
M.V. Center for Living: 29 Breakdown Lane, V.H.  
Call 508-939-9440.

### **Parkinson's Caregiver 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**

July 8, 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.

# The Vineyard... DELIVERED

The MV Times is delivered weekly to every Vineyard postal customer, plus stocked at hotels and sold at newsstands. Pick one up today, and get in the know, Island style!  
Or go online, [www.mvtimes.com](http://www.mvtimes.com).



**MVTimes**

# ISLAND-WIDE ACTIVITIES CALENDAR

## Exercise and Fitness

### Airport Fitness: Senior Fitness classes

Mondays, Wednesdays, and Fridays, 9:45 am. Free with Fitness Membership or daily-visit fee. For info, visit [airportfitnessmv.com](http://airportfitnessmv.com) or call 508-696-8000.

### Aquatic Exercise Class, Mansion House Pool

Call Mansion House for info, 508-693-7400.

### Balletics: Beyond Pilates! UICOA

Wednesdays and Fridays, 8:15 – 9:15 am. \$12.

Instructor: Karen Cullinan, Call 508-693-7730 for info.

### Beginning Tap Dance

Wednesdays, 3:15 pm. Instructor: Carol Magee

### Dance Free, UICOA

Tuesdays, 3-4.

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](http://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

\$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.

### Walking Club, OBCOA

Tuesdays, 10 – 11:30 am.

Free. Meet at OBCOA (weather permitting).

### Wisdom Healing Qi Gong, UICOA

Mondays, 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, ECOA

\$10 per class. Bring a mat or blanket.

ECOA: Thursdays, 9 am.

### Yoga Chair Dance, OBCOA

\$5 per class.

Tuesdays, 10 am.

Thursdays, 10:30 am.

### Yoga: Kundalini, TCOA

Tuesdays, 3pm. Free-will offering.

Instructor: Steve Power

Bring a mat or blanket.

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

July 31, 3 pm, with Jill Jupen

Book: “Couples” by John Updike. 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

July 5 and 19, 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 Group, TCOA

Mondays, 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, Fridays, 10:45. Free. Bring a friend! Supplies provided.

### 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.

### 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

Mondays 12:30 - 3:15.

Call or email Carol for info on dates and seating: 508-627-4722, [fligors@comcast.net](mailto: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, Tuesday, 1:30 pm and Wednesdays, 1 pm

OBCOA, Mondays 1 pm

### Men’s Cards, OBCOA

Wednesdays, 9 am

### Scrabble, OBCOA

Fridays, 9 am

### Rummy, OBCOA

Tuesdays and Thursdays, 1 pm.

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# THANK YOU FROM THE MARTHA'S VINEYARD CENTER FOR LIVING!

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**The Black Dog Cafe  
Bite on the Go  
Island Fresh Pizza & Subs**