



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

July 2019 - Vol. 23, Issue 7

ELDER LAW

WHO YA GONNA CALL?

By Arthur P. Bergeron

Elder law attorney in the Trusts and Estates Group at Mirick O'Connell

s seniors, you are probably the greatest beneficiaries of the Great Society, that incredible combination of programs created by President Lyndon Johnson and passed during the 1960s. The anchors of those programs, of course, were Medicare and Medicaid. At least as important as these medical programs was the Older Americans Act (OAA), designed to help all seniors live better lives. These OAA programs are administered by regional nonprofits. Yours is Elder Services of Cape Cod and the Islands (ESCCI). Meals on Wheels, one of the original OAA programs, continues to provide nutritious meals to those who want them. The best advice I can give you regarding these programs, however, is to

call ESCCI. Their phone number is 508-693-4393. Their email address is info@escci.org. They provide wellness classes, home care, a number of other programs, and of course, Meals on Wheels. All of these programs are designed to make your life as a senior better and more fulfilling, and offered at minimal or no cost to you.

This fall I will be doing a series of articles and seminars highlighting these programs and the way they could improve your life. 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/ ElderLawFrankAndMary.



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VA NEWS

VA Video Connect

Getting Started: A Step-by-Step Guide

ou have scheduled a VA Video Connect visit with your healthcare provider. Now what? Follow these steps to get familiar with the technology before your appointment.

1) Visit the website:

- a) Go to the VA Video Connect page on the VA App Store website at mobile. va.gov/app/va-video-connect.
- **b**) Review the helpful resources on this page, including the Quick Start Guides and Frequently Asked Questions.

2) Get set up:

- a) For Android or Windows mobile devices and personal computers: No app download is needed. VA Video Connect will open automatically when you select your appointment link.
- **b**) For Apple mobile devices (iPhone, iPad, or iPod Touch): Search for and download the "VA Video Connect" app from the Apple App Store.

3) Test your device:

a) Open an Internet browser and go to mobile.va.gov/app/va-video-connect. Once on the page, select "visit the VA

Video Connect test site" to make sure your device's camera and microphone are fully functioning.



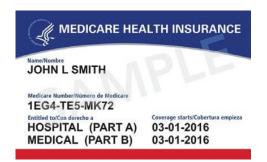
b) If you would like to practice using the app before your appointment, ask your VA care team for a practice session.

4) Join your visit:

- **a)** A few minutes before your video visit, find the appointment email from "donotreply@mobilehealth.va.gov" and select the appointment link to join your session. In some cases, you will be directed to a virtual waiting room before your session begins.
- **b**) Having difficulty? Contact the National Telehealth Technology Help Desk. They are available to help get you started and troubleshoot technical problems! Call 866-651-3180 or 703-234-4483, Monday through Saturday, 7 am to 11 pm EST.

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.

Martha's Vineyard Center for Living Supportive Day Program Leslie Clapp, Director

IVINC

Mary Holmes, SDP 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.

We would walk a mile to return a lost wallet.

Learn more at: mvbank.com/values



508.627.4266

mvbank.com



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.

July 25, 2019

Lunches, Noon

\$3 Tuesday: Sandwich, soup, dessert \$5 Friday: Entrée, soup, dessert.

Trip to Downton Abbey Exhibit and Boston's North End

Sept. 27, Group tour of Downton Abbey exhibit at the Castle at Park Plaza, and Haymarket/North End excursion. Contact Meris for pricing and details. 508-627-4368

The Medical Reserve Corps of Martha's Vineyard

August 7, 10 am. Workshop for at-home personal emergency preparedness.

Ear Wellness

August 12, 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

August 27, 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. August 28 at 10:30 am. Call to sign up, space is limited. 508-627-4368.

ECOA Book Group

August 28, 3 pm, led by Jill Jupen. August'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

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

Oak Bluffs Highlights - 508-693-4509

Coffee with the Chief

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

Friends of the Oak Bluffs Council on Aging Meeting

August 8, 2 pm

Animal Companions

Will return in September.

Men's and Ladies' Luncheon

August 7, noon. Call Rose to sign up.

Threshold Choir

August 5 and 18, 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

August 15, 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 nd OBCOA Gardening Club

Friday 10 to 12 noon Special Oak Bluffs COA membership rates are \$35 per person, \$45 per couple!

Rose Cogliano, Director Hours: 8:30 am-4 pm Call Rose at 508-693-4508, ext. 3, or

Diane Sylvia of COMSOG at 508-627-2791

Music with Melissa Blythe Knowles

for info regarding membership.

Tuesdays at 1 pm Join us at the OBCOA on Tuesday afternoons this summer for music with Melissa!

New Program! Photography w/ Larry Cross

Wednesdays, August 14, 21, and 28, 9:30 am.

Experienced or budding photographers will enjoy this program offered by Larry Cross.Larry is has expertise in working with various formats and techniques. Please come by and see for yourself how much fun and how rewarding photography can be!

Tisbury Highlights - 508-696-4205

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

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.

Fall Prevention Day Sept. 23, 10-4pm.

The TCOA will have speakers and

demonstrations about exercises and preventing falls in the home. Brochures and information will be provided. Call Joyce for more information.

Joyce Stiles-Tucker, Director

Hours: 8:30 am-4:30 pm

Upcoming Programs and Presentations

Keep an eye out in coming newsletters for presentations and programs at the TCOA on topics such as blood pressure, glaucoma, and hearing screenings; agency presentations on services, including "How to Keep You in Your Home"; and talks about senior safety with Detective Max Sherman. Call for more information.

Up-Island Highlights - 508-693-2896

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

Chilmark Library: Meet Your Staff Information Clinic

Tuesday, August 20, 2–3 pm Staff members of the UPICOA 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.

Annual Cookout

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

Traveling Tap Dancing Museum

Friday, August 23 10am. 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," TTM brings history, rare artifacts, and live dancing, all contained in a traveling, folding "granny cart."

Annual Lobster picnic at the Galley in Menemsha

September 9, 12 pm. Call now to reserve. Space limited.

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 Parkinsonians Support Group

Monday, August 12, at 10:30. Please call Bethany for details at 508-693-2896.

Parkinson's Caregiver Support Group

Call Bethany for further information.

Pop-Up Origami

Fourth Wednesdays of the month. 2pm. Free. 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.

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.

NOTEWORT

Advance Care Planning Workshops through Healthy Aging MV

These are individual workshops (not a series); people can sign up for any one they choose. Free to anyone, register in advance at hbellebuono@ mvcommunityservices.org or call 508-693-7900 ext 455.

Sept. 4,

Anchors, Edgartown, 1-3

Sept. 5,

Tisbury Senior Center, 1:30–3 Sept. 16,

V.H. Library, 2–3:30

Sept. 18,

West Tisbury library, 10:30-12

Sept. 23,

West Tisbury library, 6–8 pm (film screening)

Sept. 25,

Oak Bluffs COA, 12:30–3

Sept. 25, Anchors Edgartown, 1–3

Oct. 19,

NAACP, 12-2

Oct. 22, Chilmark library, 1-4

Estate Planning with Attorneys from the Law Office of Patricia Mello, **UICOA**

Monday, August 16, 1pm. This presentation will cover two topics:

"Estate and Medicaid Planning": Topics include durable power of attorney, healthcare proxy, last wills and testaments and trusts. Further discussion will address how to protect your assets against long-term care costs as a result owf the most recent changes in Medicaid law. AND

"Trust Basics": Learn how a trust can: 1) avoid probate; 2) protect against nursing home expenses for the surviving spouse; 3) save on death taxes; 4) provide for disabled children; 5) protect certain beneficiaries against creditors and your unique estate planning needs. Call for details, 508-693-2896

Reverse Mortgages: 101 with South Coastal Counties Legal Services, Inc., UICOA

Monday, Sept. 23. 12 pm. Join us for an informational talk with attorney Katherine Wibby to have any questions answered by a qualified professional. This presentation is for those interested in a reverse mortgage or those who have questions about their existing reverse mortgage. Light refreshments provided! Call for details, 508-693-2896.



Service Programs and Support Group Directory

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:

Aguinnah Town Hall:

August 20, 10 – 11 am

CHILMARK:

Chilmark library: August 21, 11 - 1 pm

EDGARTOWN:

Edgartown library: August 7,

10 - 11 am

EDGARTOWN STOP & SHOP PHAR-MACY: August 7, 11:30 – 1:30 pm

EDGARTOWN TOWN HALL: August 27, 10 - 11:30 am

EDGARTOWN COA:

August 27, 12 – 1 pm

OAK BLUFFS:

Woodside Village I:

August 19, 11:30 – 12:30 pm

Woodside Village II:

August 19, 12:45 – 1:30 pm

Oak Bluffs COA:

August 6 and 15, 12:30 - 1:30 pm

TISBURY:

Tisbury COA: August 6, 10 - 11 am **Island Food Pantry:** August 7 and 21, **WEST TISBURY:**

Up-Island COA, Howes House:

August 13, 10 – 11 am West Tisbury library:

August 13, 1:30 – 3 pm

HEARING SERVICES, CALL IN AD-**VANCE FOR AN APPOINTMENT.**

August 13, 11 am, call Rose, 5 08-693-4509, ext. 3, for appt.

UICOA: Vineyard Audiology

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

ECOA: Ear Wellness

August 12, 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 Meris 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, August 14, 9:30 am Call 508-693-4509, ext. 3 ECOA, August 20, 1-3:30 pm Call 508-627-4368. UICOA, August 26, 9 am Call 508-693-2896.

Insurance, Legal, Social Security

Health

Promotion

Health Insurance Counseling, Medicaid, and MassHealth Info:

ECOA, 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.

August 6, ECOA. Appointments starting at 10 am. Call COA for appointment.

Free Legal Clinic

August 14, 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

August 26, 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

Support

Groups

and

Counseling

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

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

August 19, 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 Cafë

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

August 12, 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.

Announcing Mary Holmes, Supportive Day Program Supervisor

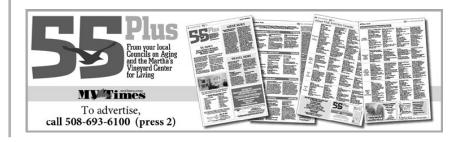
Martha's Vineyard Center for Living

any know Mary through her position as the memory care program coordinator at Windemere Nursing & Rehab from 2008 to 2018, where she was involved in all aspects of the recreation program.

She has an M.Sc. in gerontology, and is a certified dementia care practitioner and an Alzheimer's Association trainer. Mary officially joined the staff at the Center for Living on July 2, and has made immediate connections with staff, families,

and volunteers. She comes with a wealth of experience, community connections, and wonderful ideas and enthusiasm for her new position with us. Mary is dedicated to supporting families and helping elders live their best lives possible, and to further the Center for Living mission to improve the quality of life for those impacted by issues of aging and impairment.

An enthusiastic welcome to Mary!



Exercise

Fitness

ISLAND-WIDE ACTIVITIES CALENDAR

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 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, TCOA

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: 10:00 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

Walking Club, OBCOA

Saturdays, 9 am

Tuesdays, 10 - 11:30 am.

Free. Meet at OBCOA (weather permitting).

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

August 28, 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,

August 2, 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.

Pop-Up Origami, UICOA

4th Wed. of the month. 2pm. Free. Learning the ancient art of Japanese paper folding. RSVP: 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 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

Bridge: Nonsanctioned Duplicate, ECOA Call Trudy for info: 508-627-6719.

Mondays 12:00 - 3:00 pm 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.

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.

SUPPORTIVE DAY VOLUNTEERS NEEDED

Join us for some fun. Bring your talents and help us create a great day for those who may be at risk if left alone, or may experience isolation. Each day is a new day at the M.V. Center for Living Supportive Day Program, with so many ways to engage with peers; exercise, arts, music, yoga, drama, discussion, current events, games, and special presentations by local artists; companionship, and a family-style lunch.



We can use help in all areas. Find your volunteer place with us. Call Mary Holmes, Supportive Day program supervisor, at 508-939-9440, ext. 102, or email maryh.mvcl@gmail.com We will be happy to have you join our Volunteer Team!

THANK YOU FROM THE

The M.V. Center for Living would like to thank the following businesses for their generous donations to the Supportive Day Program's lunch program:

> The Black Dog Cafe Island Fresh Pizza & Subs Linda Jean's Morning Glory Farms