

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

August 2019 - Vol. 23, Issue 8

ELDER LAW

GETTING READY FOR THE REST OF YOUR LIFE

By Arthur P. Bergeron

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

will turn 70 in January, and have been blessed with good health, but despite all the great advances in medicine, I figure that any healthy years I get after 80 will be “extra innings.” While still healthy, I suggest doing a few things:

- **Make sure you have a (relatively new) Healthcare Proxy and Durable Power of Attorney.** Let people know how you want to be treated should you become sick, write it down, and get this information to your doctor along with your healthcare proxy.
- **Be proactive.** The older you are, the worse things will end up if you fall, so have someone look at your house and suggest modifications that can reduce the chance of an accident. The state has

a great no- or low-interest loan program for homeowners.

- **Live a little, but make sure you don't go broke.** Have you been putting off that dream vacation? It's time, while you're healthy. Enjoy today!

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/ElderLaw-FrankAndMary, and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, “Getting All Your ‘Docs’ in a Row.”

TRAVEL NEWS

Falmouth Shopping Trips, UICOA
Sept. 18, Oct. 16, Nov. 20, and Dec. 11.
8:15 am boat leaving, 3:45 pm returning. Call 508-693-2896.

“Come From Away” at Providence Performing Arts Center, UICOA
Sept. 7. Round trip motor coach and buffet luncheon included. Price TBA.
“Come From Away” is based on the true story of when the isolated community of Gander, Newfoundland, played host to the world. What started as an average day in a small town turned into an international sleepover when 38 planes, carrying thousands of people from across the globe,

were diverted to Gander's air strip on 9/11/01. Undaunted by culture clashes and language barriers, the people of Gander cheered the stranded travelers with music, an open bar, and the recognition that we're all part of a global family.” Call 508-693-2896.

Symphony Trips, TCOA
Keep an eye out for info on day trips for the Fall A Series Boston Symphony Orchestra Concerts. Call 508-696-4205 for more info.
Cape Cod Railroad Lunch Train, TCOA
Oct. 3. See the Cape as you have lunch on a train! Call 508-696-4205 to register.

GETTING TO MEDICAL APPOINTMENTS ON CAPE COD USING CAPE COD REGIONAL TRANSIT AUTHORITY SERVICE

Cape Cod Regional Transit Authority (CCRTA) has added additional stops on its SeaLine route leaving from Woods Hole. You can now get to Falmouth Hospital and to medical and dental providers in the Jones Road area.
The CCRTA's ADA paratransit service (known as The Lift on Martha's Vineyard) travels to providers within ¾ mile of fixed route service, if arranged in advance for eligible riders. In other words, if you are eligible for The Lift services here on the island, you are likely eligible on the Cape as well.
The DART service leaves from Woods Hole with a “reservation” made in advance

with CCRTA (when timing can be accommodated) and travels to the door of the requested destination.
If you are on MassHealth (Medicaid) you are eligible for transportation assistance by applying for a PT1 through the MV Transit Authority and approved by your physician. Call the VTA at 508-693-9440 for information on the PT1 application.
For more information call the CCRTA: 508-385-1430
800-352-7155
TTY 800-439-0183
Or go to the CCRTA website at www.capecodtransit.org

SHINE NEWS

COMING UP! MEDICARE'S OPEN ENROLLMENT PERIOD

The Open Enrollment Period (**Oct. 15 – Dec. 7, 2019**) for Medicare Advantage Plans (Part C) and Prescription Drug Plans (Part D) will be here before you know it and it is **very important** to re-evaluate your Medicare options for 2020 during this period. Each year Medicare plans can change premiums, deductibles, co-pays and the prescription formulary (list of drugs they cover). In addition, Medicare Advantage Plans (HMOs, PPOs) often add and/or drop primary and specialty physicians, skilled nursing facilities and hospitals.
Your current plan is required to notify you by Sept. 30 of any changes for the coming year. This letter is called the Annual Notice of Coverage (ANOC) — please make sure you review it. If you decide to stay with your current plan,

there is no further action required. If you switch your Medicare Advantage (Part C) or Medicare Prescription Drug (Part D) Plan during the Open Enrollment Period, it will take effect Jan. 1, 2020 (Please note — this enrollment period may not affect you if you have retiree coverage).
SHINE appointments fill up quickly, so don't forget to call the senior center in late September or early October to make your SHINE appointment for this year's open enrollment. Reviewing your plans could save you money in 2020.
Remember — don't wait until it is too late. If you don't make a change during the Open Enrollment Period (Oct. 15 - Dec. 7, 2019) you may have to stay with your existing plan for another whole year.



SEE THE THIRWOOD DIFFERENCE
SPACIOUS LIVING IN A BEAUTIFUL SETTING

ALL INDEPENDENT AND ASSISTED LIVING
RENTAL APARTMENTS FEATURE:

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

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



(508) 398-8006
237 North Main Street
South Yarmouth, MA 02664
www.ThirwoodPlace.com

Thirwood Place is owned and operated by a local family business spanning four generations, built on integrity and the value of family and friends.

MV CENTER FOR LIVING
CARE | SUPPORT | RESOURCES

Martha's Vineyard Center for Living Supportive Day Program

Leslie Clapp, Director
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

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
\$3 Tuesday, Sandwich, soup, dessert
\$5 Friday, Entrée, soup, dessert
No lunch on 9/24 and 9/27

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.

MV Derby Fish Distribution
Wednesdays, Sept. 18 – Oct. 16. Doors open at 8 am. In order of arrival, each

person receives a number. As soon thereafter as possible, fish will be cheerfully distributed to each as his/her number is called. Coffee and snacks.
Thursday Movies at the Anchors
Sept. 12 at 1 pm, “Bohemian Rhapsody.” Sept. 26 at 1 pm, “Mister Rogers.” Popcorn and good company. Call to sign up.

Ear Wellness
Sept. 9, 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

ECOA Book Group
Sept. 25, 3 pm, led by Jill Jupen.

September’s book is “The Winter of Our Discontent.” Refreshments.

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.!

Mah Jong
Tuesdays and Fridays at 1 pm. Call Shirlee at 508-627-6706 for more information.

Non-Sanctioned Duplicate Bridge ECOA
Mondays from 12 – 3, and Wednesdays from 12:30 – 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

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

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

Friends of the Oak Bluffs Council on Aging Meeting
Sept. 12, 2 pm

Board of Directors Meeting
Sept. 19, 2 pm

Men’s and Ladies’ Luncheon
Sept. 4, noon
Call Rose to sign up.

Threshold Choir
Sept. 16 and 30, 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!

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 \$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.

Music with Melissa Blythe Knowles
Tuesdays at 12:30 pm
Join us at the OBCOA on Tuesday afternoons for music with Melissa!

New Program! Photography w/ Larry Cross
Wednesdays, Sept. 4, 11, 18 at 9:30 am. Come enjoy our new photography program led by Larry Cross! With expertise in various formats and techniques, there is something new to learn for both experienced and budding photographers!

New Program! Conversations with Joseph Sollitto
Fridays, Dates/Time TBA
Join retired Clerk of Dukes County Superior Court for a new discussion-based program.

Tisbury Highlights - 508-696-4205

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

Thomas Dresser Book Talk Series: Music on Martha’s Vineyard
Friday Sept. 13, 1:30 pm
Martha’s Vineyard has a rich musical legacy stretching back to the earliest drumbeats of the Wampanoag and the whaling shanties of the 19th century. Returning Civil War veterans formed the Island’s oldest continuous music ensemble, the Vineyard Haven Band. Discover this melodious history from the early 20th century dance bands at the Tivoli ballroom, through the war years, the piano bars, and the nascent folk music scene at the Mooncusser Café, where Carly Simon and James Taylor played their first licks. Explore the homegrown music scene and the summer

stars who keep Islanders and visitors moving to the beat.
Senior (60-Plus) Bowling at Barn Bowl & Bistro Fun and includes lunch! Call for day/time.
Fall Prevention Day
Sept. 23, 10 am – 4 pm.
The TCOA will have speakers and demonstrations about exercises and preventing falls in the home. Brochures and information will be provided. Call Joyce for information. See Noteworthy for schedule.

Tisbury Health Fair
Oct. 10, 4 – 6 pm
The TCOA will host a health fair in

October with presentations such as “How to Keep You in Your Home,” various agencies, info on services, blood pressure, glaucoma, and hearing screenings. Open to all. Call for info.

Senior Safety Talks
Tisbury Police Detective Max Sherman will host discussions about senior safety. Call for info.

Symphony Trips
Keep an eye out for info on day trips for the Fall A Series Boston Symphony Orchestra Concerts. Call for more info.

Cape Cod Railroad Lunch Train
Oct. 3. See the Cape as you have lunch on a train! Call to register.

Up-Island Highlights - 508-693-2896

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

Chilmark Library: Meet Your Staff Information Clinic
Sept. 17, 2 – 3pm
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. 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.

Annual Lobster picnic at the Galley in Menemsha
Sept. 9, 12 pm. Call now to reserve. Space limited.
Martha’s Vineyard Vegan Society Food Distribution
Oct. 7. 1 – 3:30pm M.V. Vegan Society wishes to distribute free bags of fresh fruits and vegetables to those in need. We wish to promote healthy and plant-based eating, and will gladly answer any question on the benefits of eating vegan. Please one bag per family while supplies last.
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
Sept. 9, at 10:30. Call Bethany for details.
Parkinson’s Caregiver Support Group
Call Bethany for 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.

NOTEWORTHY

Tisbury Fall Prevention Day Schedule, TCOA
Sept. 23, 10 – 4.
Call 508-696-4205 for info.
10 am, Demonstrations: Functional exercise and fitness program. Preventing falls and improving balance. Q and A.
11 am, Medication review: How meds can impact fall risk. Q and A.
1 pm, Kathleen Samways: Matter of Balance Program
2 pm, Physical Therapy: How to properly use assistive devices.
3 pm, Occupational Therapy: Home safety and fall prevention.
4 pm, Fall Prevention Bingo!

Disaster Preparedness Presentation and Lunch, UICOA
Sept. 24.
12:30 lunch and 1 pm presentation.
The Martha’s Vineyard Medical Reserve Corps will help you learn tips to better prepare you for a natural disaster or emergency. Please RSVP if you would like to join us in a light lunch! Call 508-693-2896.

Estate Planning with Attorneys from the Law Office of Patricia Mello, UICOA
Sept. 16, 1 pm.
Call 508-693-2896.
This presentation will cover two topics:
“**Estate and Medicaid Planning**”: Topics include durable power of attorney, health care proxy, last wills and testaments, and trusts. Further discussion will address how to protect your assets against long-term care costs as a result of 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.

Reverse Mortgages: 101 with South Coastal Counties Legal Services, Inc., UICOA
Sept. 23. 12pm.
Call 508-693-2896.
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!

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:
Sept. 17, 10 – 11 am

CHILMARK:

Chilmark library: Sept. 18, 11 – 1 pm

EDGARTOWN:

Edgartown library: Sept. 4, 10 – 11 am

Edgartown Stop & Shop Pharmacy:
Sept. 4, 11:30 – 1:30 pm

Edgartown Town Hall: Sept. 24, 10 – 11:30 am

Edgartown COA: Oct. 22, 12 – 1 pm

OAK BLUFFS:

Woodside Village I: Sept. 16, 11:30 – 12:30 pm

Woodside Village II: Sept. 16, 12:45 – 1:30 pm

Oak Bluffs COA: Sept. 3 and 19, 12:30 – 1:30 pm

TISBURY:

Tisbury COA: Sept. 3, 10 – 11 am

Island Food Pantry: Sept. 4 and 18, 2 – 3 pm

WEST TISBURY:

Up-Island COA, Howes House: Sept. 10, 10 – 11 am

West Tisbury library: Sept. 10, 1:30 – 3 pm

HEARING SERVICES, CALL IN ADVANCE FOR AN APPOINTMENT.

OBCOA:

Sept. 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

Sept. 9, with Shawn Woodbrey, licensed hearing aid specialist. Ap-
pointments begin at 9 am. Hearing
tests are 30 minutes; general ear check
and hearing aid checks are 15 min-

utes. 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 Fal-
mouth office, 508-457-9285.

Podiatry and Foot Care

Pedi-Care with Audrey Harding.

Call 508-693-2896 for an appoint-
ment: half-hour appts., \$30

OBCOA, Sept. 11, 9:30 am

Call 508-693-4509, ext. 3

ECOA, Sept. 17, 1 – 3:30 pm

Call 508-627-4368.

UICOA, Sept. 23, 9 am

Call 508-693-2896.

Insurance, Legal, Social Security

Health Insurance Counseling, Medicaid, and MassHealth Info:

S.H.I.N.E.

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
Sept. 3, UICOA. Appointments start-
ing at 10 am. Call COA for appoint-
ment.

Free Legal Clinic

Sept. 11, UICOA
Patty Mello, elder law attorney
Space limited (Medicaid planning, es-
tate planning, asset protection, wills).
Call 508-477-0267 for an appoint-
ment.

Social Security Video Display Program

Sept. 23, 9 am – 12 pm, OBCOA
Meet with a Social Security represen-
tative 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 attor-

ney — 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 ap-
pointments.

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 avail-
able at local Senior Centers, 508-693-
9440.

Medivan, 508-693-9440 (VTA)

Tuesdays to Boston-area medical ser-
vices, \$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 facil-
ity, Medicaid accepted.

Vineyard Village at Home (VVAH)

Referrals, transportation, and assis-
tance 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

Sept. 16, 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

Sept. 9, 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.

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

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 • Fan Ogilvie's Garden
Island Fresh Pizza & Subs
Island Grown Initiative
Linda Jean's
Morning Glory Farms

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!

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

Got Strength? Strength Training Class, ECOA
Tuesdays & Thursdays, 8:30 am
Thursdays move to 3:30 pm on Sept. 26.
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, Wednesdays, 5:30 pm
Tuesdays and Thursdays, 8:30 am and 9:30 am. Saturdays, 9 am

Tai Chi w/ Nan Doty, ECOA
Call Meris at the Anchors for information on September Tai Chi classes, 508-627-4368

Walking Club, OBCOA
Tuesdays, 10 – 11:30 am.
Free. Meet at OBCOA (weather

permitting).

Yoga with Carol Vega, ECOA and TCOA
\$10 per class. Bring a mat or blanket.
ECOA: Thursdays, 9 am beginning Sept. 19
TCOA: Thursdays, 4 pm

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

Yoga: Kundalini, TCOA
Tuesdays, 3:15pm, Fridays, 11 am. 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
Sept. 25, 3 pm, with Jill Jupen
Book: “The Winter of Our Discontent.”
Refreshments. Call 508-627-4368.

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

Conversations with Barbara Plessner, 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
Sept. 20, 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
Mondays: 9 am to noon.

Poetry Group, TCOA
Mondays, 10 am.
Poetry with Jill Jupen, ECOA
Thursdays, 9:30 am

Ukulele Group, TCOA
Wednesdays, 1 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
Mondays, Tuesdays, and Thursdays, 1:15 pm, Fridays, 10:45 am. Free. Bring a friend! Supplies provided.

Creative Painting w/ Bruce, TCOA
Second Monday of the month. Class size limited 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.

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 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 – 3

Wednesdays 12:30 – 3:30
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.
Call Shirlee 508-627-6706 for info.
UICOA, Wednesdays, 1 pm and Thursday 1:30pm

OBCOA, Mondays 1 pm

Men’s Cards, OBCOA
Wednesdays, 9 am

Scrabble, OBCOA
Fridays, 9 am

Rummy, OBCOA
Tuesdays and Thursdays, 1 pm.

FALLS PREVENTION AWARENESS DAY ACTIVITIES · SEPT. 23

Falling in your home is one of the leading causes of injury and death among older adults. The Healthy Aging MV Falls Prevention Coalition is a group of Island organizations that provide education and activities to help you reduce your risk of falling.

September 23 is National Falls Prevention Awareness Day; to learn how to keep yourself healthy and your home risk-free, join any of the following Island-wide activities. *Be sure to call before the event to confirm your participation.*

UICOA:
(508) 693-2896
Information table
Yoga Class with Martha Abbott

Tisbury Senior Center:
(508) 696-4205
Information Table
10:00AM: Demonstration of Functional Exercise and Fitness Program, with Q&A
11:00AM: Medication Review
1:00PM: Matter of Balance Class with Kathleen Samways
2:00PM: Talk: “How to Properly Use Assistive Devices such as canes and

walkers,” with Physical Therapist and “Is Your Home Safe to Prevent Falls” with Occupational Therapist
3:00PM: Falls Prevention Bingo with prizes

Edgartown COA/Anchors:
(508) 627-4368
Medication Review with Pharmacist Chris Lepree of Stop and Shop Pharmacy
Talk: “Vaccines” with Pharmacist David Caron

OB COA: TBD

YMCA:
(508) 696-7171 ext. 121
Newsletter Blast, Signage, Links to Podcasts

10:00-11:00: Risk Assessment Activity—Sit to Stand and Ready, Set Go tests
11:00-11:30: Tai Chi Class open to the public
11:30-12:30: Everfit Class open to the public
12:40-1:30: “Sit to B Fit” Class open to the public

Island Health Care:
(508) 939-9358
Lori Perry will offer “Wellness Clinics” with blood pressure checks:
Woodside Village, Sept. 23 11:30-12:30
Woodside 2, September 23 12:45-1:45
Edgartown Town Hall, September 24 10:30-11:30

Elder Services of Cape Cod and the Islands
Information table at location(s)

Center 4 Living:
(508) 939-9440
Yoga or Tai Chi classes available (private, available to Day Program members only)

Island Elderly Housing:
(508) 693-5880
Blood pressure checks (private, open to residents only)
Matter of Balance Class (private, open to residents only)