



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  
November 2019 - Vol. 23, Issue 11

**ELDER LAW**

# Give your spouse a final gift: Asset protection

By Arthur P. Bergeron

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

If you are married, you have the ability to give your spouse a wonderful gift: greater economic security. If you execute a will saying that at your death, your assets will be left in trust for his or her benefit, and you name a trustee (anyone other than your surviving spouse), then all the assets that are in your name at the time of your death will be safe, noncountable, and non-liable should your surviving spouse later need to qualify for MassHealth, even if he or she needs to qualify the day after your death. There is no five-year wait.

You need to make sure that the assets you want to protect are in your name at the time of your death. So you want

to make sure that you tell the person named in your power of attorney (POA) to transfer the assets to your name before you die. If you have assets such as an IRA or 401(k) accounts, you want to make sure that the death beneficiary is changed to be the testamentary trust. It's never too late to protect your spouse, so long as you do it before you are gone. If you need more information on this, you can contact me at 508-860-1470 or abergeron@mirickoconnell.com. You can also subscribe to Frank and Mary's YouTube Channel, youtube.com/user/ElderLawFrankAndMary for the latest informational videos.



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

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

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- Linen Service
- Transportation
- Health & Wellness
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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.

**SHINE NEWS**

# Medicare Open Enrollment ends on Dec. 7th!

Every year, Medicare Part D (prescription) and Part C — Medicare Advantage (HMO, PPO) plans can change their premiums, copays, deductibles, formularies (list of drugs covered), and preferred pharmacies. It's important to review your options EVERY year to make sure you have a plan that works best for you.

Assistance is available from the SHINE program. Trained SHINE volunteers offer free, confidential counseling on all

aspects of health insurance to anyone on Medicare, so please call your Senior Center now and ask for a SHINE appointment. If we have no appointments left for the open enrollment period, please call the Regional SHINE Office at 508-375-6762, and they will try to fit you in before the deadline. You can also call 1-800-MEDICARE (1-800-633-4227). They are available 24/7, and can assist with enrolling you into a new Part C or Part D plan for 2020.

**VA NEWS**

# Veterans Day 2019

Veterans Day is always the 11th hour of the 11th day of the 11th month. For the ninth year in a row, the town of Oak Bluffs Veterans Day Parade is a Veterans Day Regional Site. We are the only recognized regional site in Massachusetts. This recognition comes from the Department of Veterans Affairs and the Veterans Day National Committee.

The parade will step off from Nancy's Restaurant at 10:45 am and proceed to Ocean Park, where a brief ceremony will be held. Parade participants are then invited back to VFW Post 9261 for refreshments.

Members of American Legion Post 257 will start Veterans Day by putting up the

450 flags in the Avenue of Flags in Oak Grove Cemetery, Vineyard Haven, at 7:30 am, and take them down at 3 p.m. The flags are flown in honor and memory of veterans. Anyone wishing to help put up and take down these flags should be at the cemetery by 7:15 am and 2:45 pm.

For more information on Veterans Day activities, please call Dukes County Veterans Services.

If you would like to remember our Island veterans with a donation to the Veterans Assistance Fund, checks can be made out to American Legion Post 257, and sent to P.O. Box 257, Vineyard Haven, MA 02568. This fund helps our veterans in need.

**ELDER SERVICES NEWS**

Elder Services of Cape Cod and the Islands is seeking volunteer **long-term care ombudsmen** to advocate for residents of nursing and rest homes as well as volunteers for the **Money Management Program**.

Ombudsmen offer residents a way to voice their concerns and address issues. When a resident, family member, or friend expresses a concern, the ombudsman may assist to work with the resident and facility staff to resolve the issue. Ombudsman volunteers are individuals with compassion and common sense who give a few hours weekly to help residents live their lives with dignity and respect.

The Money Management Program is a free service that assists income eligible seniors, 60-plus, who may be at risk of losing their

independence due to trouble managing daily finances. Volunteers meet with the consumers in their homes once a month for one hour to help them balance checkbooks, pay bills, and manage their money wisely.

Volunteers for both of these programs receive training, become certified, and receive ongoing support.

For more information and for an application to become an ombudsman, contact Sarah Franey, long-term care ombudsman program director, at 800-244-4630, ext. 501, or email [sarah.franey@esci.org](mailto:sarah.franey@esci.org). The next training session will be held Feb. 25, 26, and 27, 2020, at the Elder Services offices on Route 134 in South Dennis.

For more information about the Money Management Program call Darlene Skog, program manager, at 508-394-4630, ext. 510.

**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](http://mvbank.com/values)



508.627.4266 [mvbank.com](http://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

See our newsletter at [www.edgartowncoa.com](http://www.edgartowncoa.com) for more information.

### Lunches, Noon

\$3 Tuesday- Sandwich, soup, dessert  
\$5 Friday- Entree, soup, dessert.

### Thursday Movie at The Anchors

11/14 at 1 pm. "Green Book". Snacks and good company. Call to sign up.

### SHINE Appointments During Medicare Open Enrollment

Bill Glazier will be available Tuesdays and Wednesdays from 1-3pm at the Anchors beginning 10/1 through 12/4. Free unbiased health insurance counseling information and assistance to those

with Medicare, approaching Medicare eligibility, and their caregivers. Call the Anchors to schedule an appointment.

### ECO Book Group

11/20, 3 pm, led by Jill Jupen. November's book is "Buddha's Little Finger". Refreshments.

### Anchors Society for Lifelong Learning

Mondays Nov. 4, 18, 25, 9:30 am. Presents: "The Aging Brain"; a Great Course. Call Meris to register and learn more about this new program. 508-627-4368

### Edgartown Bowlers

11/4 from 11:30-1:30 at Barn Bowl

& Bistro. All for fun! Lunch included, \$10. Call to sign up, 508-627-4368.

### Seeking Edgartown Artists

year round to display work. All 2-dimensional work, including knitting, needlepoint, textiles, collage, photography. Email Meris: [mkeating@edgartown-ma.us](mailto:mkeating@edgartown-ma.us) or call 508-627-4368

**11/21 Shopping trip** starting at the Kam Man Asian supermarket in Quincy, followed by lunch and then the South Shore Plaza. Join us for a unique cultural shopping experience, followed by a chance to get some holiday shopping done. Call Meris for pricing and itinerary. 508-627-4368

## Oak Bluffs Highlights - 508-693-4509

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

### Coffee with the Chief

Nov. 22, 10 am  
Coffee and conversation with O.B. Police Chief Erik Blake

### Friends of the Oak Bluffs Council on Aging Meeting

Nov. 14, 2 pm  
Last meeting of the year until Spring 2020

### Board of Directors Meeting

Nov. 21, 2 pm

### Men's and Ladies' Luncheon

Nov. 7, noon. Call Rose to sign up.

### Threshold Choir

Nov. 4 and 18, 1 pm  
No experience needed. Just the desire to sing!

### Animal Companions

Nov. 25, 1 pm

### 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.

### 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 with Larry Cross

Wednesdays, Nov. 6, 13, 20, 27 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.

### Cape Light Compact Presentation

Nov. 21, 12:30 pm. Free. Learn about heating, energy conservation, and to get the most bang for your heating dollars this upcoming Winter Season. Call Rose to sign up.

## Tisbury Highlights - 508-696-4205

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

### Fuel Assistance Applications

Call Joyce if you are 55 and older and need assistance filling out a fuel assistance application. The program begins Nov. 1.

### Luncheon

Tentatively Nov. 19, Noon  
Call by Nov. 15 to express interest or sign up.

### Holiday Meals Delivered

See Noteworthy for details. Holiday meals will be delivered on Nov. 28. Volunteers to deliver meals are needed. Call to sign up for a meal or to volunteer.

### Tisbury "Team" (60+) Monthly

### Bowling at Bowl, Barn, Bistro

Call Sandy for details and to register. It's fun and includes lunch! Maybe you've never bowled before, or maybe it's been years since you've bowled, we want you to join us! Bowling balls and shoes are in every weight and size for a perfect fit. Bring a friend or arrive solo. It's important that you register no later than the Friday before our 1st Monday game.

### Kundalini Yoga with Steve Power

Tuesdays, 3:15 PM / Fridays, 11:00 AM  
What is Kundalini Yoga? It is the original ASMR. Learn what the Yogis have known for years. Implement this practice into

your daily life and experience true peace and calmness of mind. Steve Power will be your guide.

### Boston Symphony Hall Trips

Enjoy a beautiful BSO concert at Boston Symphony Hall. Call Sandy for details M-F.

### Coming up! December Holiday Open House

Dec. 15, 2-4pm  
Save the date for the annual TCOA Holiday Open House! The TCOA is hoping to invite the MVRHS Minnesingers to once again join us to sing their holiday favorites. Watch for the Dec. newsletter coming out at the end of Nov. for details.

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

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

### Chilmark Library: Meet Your Staff Information Clinic

1st Tuesday of the Month!  
11/5, & 12/3, 2pm-3pm  
Staff members of the UICOA will be available at the Chilmark Public Library for general information or to meet confidentially. Drop in or by appointment.

### Pop-Up Origami

4th Wednesdays of the month.  
2pm. Free. Learn the ancient art of Japanese paper folding.

### Belly Dance Performance

Nov. 18. 2-3pm  
Enjoy a performance by Patricia Scuzs. Audience participation welcomed! Call if interested.

### Martha's Vineyard Vegan Society Food Distribution

Nov. 25. 1-3:30pm  
M.V. Vegan Society wishes to promote healthy and plant based eating. Join us to enjoy some vegan snacks and to receive free bags of produce. We will answer any questions on the benefits of eating vegan. All welcome! One bag per family while supplies last.

### Mindfulness Meditation with Ed Merck

Mondays, 9-10:00am  
Free and open to all experience levels. Sign up in advance. Space limited. A meditation study group that uses guided meditation, silence and participant sharing to explore mindfulness. Benefits include relaxation, less reactivity, mental clarity, a

sense of peace, lower blood pressure, better sleep and less pain.

### Vineyard Isle Parkinsonian's Support Group

Nov. 18, 10:30am. 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

## Holiday Closures

All sites will be closed November 11th, 2019 in observance of Veteran's Day.

## Home Delivered Holiday Meal

Enjoy a meal delivered to your door on Thanksgiving Day. If you are alone or will be unable to go out, call your local Senior Center no later than Nov. 20th to order your holiday meal:

Edgartown	508-627-4368
Oak Bluffs	508-693-4509
Tisbury	508-696-4205
Up-Island	508-693-2896

A volunteer will deliver your meal on Thanksgiving Day in an oven/microwave safe container for you to heat up at your convenience.

This program is sponsored by your local Councils on Aging and Martha's Vineyard Center for Living. The meal is prepared at Martha's Vineyard Hospital.

## Legal Clinic with Elder Law Attorney Arthur Bergeron, TCOA

Nov. 5, 5:30 p.m.

"Getting the Help You Need to Stay Independent." What will it take to keep your independence in your community? Join elder law attorney Arthur Bergeron and his guests, including a geriatric care manager, a representative from your regional elder services agency, and other professionals in your area, as they discuss the resources available within your community. Call 508-696-4205 to register. Light refreshments provided.

## TRI-The Resource Inc. Informational Sessions

TRI has opportunities available to fund housing rehabilitation projects up to \$40,000 in Edgartown, West Tisbury, Oak Bluffs, Vineyard Haven, & Aquinnah.

Informational sessions will be held on the following dates:

Edgartown COA  
Friday, November 8 @ 12pm

West Tisbury COA  
Tuesday, November 19 @ 2-3

Edgartown Public Library  
Wednesday, December 18 @ 5-6pm

Oak Bluffs Public Library  
Tuesday, January 7 @ 5-6pm

West Tisbury Library  
Monday, January 13 @ 5-6pm

Tisbury Senior Center. TBD

Oak Bluffs COA. TBD

Housing Rehab Program Manager, Melissa Vincent is also available to answer questions and provide guidance. You can reach her at (508) 696-3285 or [melissa@theresource.org](mailto:melissa@theresource.org).



# 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,**  
Nov. 19, 10 – 11 am

**CHILMARK:**  
**Chilmark library,**  
Nov 20, 11 – 1 pm

**EDGARTOWN:**  
**Edgartown library,**  
Nov. 6, 10 – 11 am  
**EDGARTOWN STOP & SHOP PHARMACY,**  
Nov. 6, 11:30 – 1:30 pm  
**EDGARTOWN TOWN HALL,**  
Nov. 26, 10 – 11:30 am  
**EDGARTOWN COA,**  
NOV. 26, 12 – 1 pm

**OAK BLUFFS:**  
**Woodside Village I,**  
Nov. 15, 11:30 – 12:30 pm  
**Woodside Village II:**  
Nov. 15, 12:45 – 1:30 pm  
**Oak Bluffs COA:**  
Nov. 5 and 21, 12:30 – 1:30 pm

**TISBURY:**  
**Tisbury COA:** Nov. 5, 10 – 11 am  
**Island Food Pantry:** Nov. 6 and 20, 2 – 3 pm

**WEST TISBURY:**  
**Up-Island COA, Howes House:**  
Nov. 12, 10 – 11 am  
**West Tisbury library:**  
Nov. 12, 1:30 – 3 pm

**HEARING SERVICES, CALL IN ADVANCE FOR AN APPOINTMENT.**

**OBCOA:**  
Nov. 12, 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**  
Nov. 1, 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.

**TCOA: Miracle Ear**  
Jan. 30, 2020, 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,** Nov. 13, 9:30 am  
Call 508-693-4509, ext. 3

**ECOA,** Nov. 1, 1 – 3:30 pm  
Call 508-627-4368.

**UICOA,** Nov. 25, 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.  
Nov. 5, ECOA. Appointments starting at 10 am. Call COA for appointment.

**Free Legal Clinic**  
Nov. 13, 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**

Nov. 18, 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**  
Nov. 18, 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**  
Nov. 18, 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.

## TRAVEL NEWS

**Kam Man Asian Market in Quincy, ECOA**  
Nov. 21, Call Meris for pricing and itinerary 508-627-4368  
Shopping trip starting at the Kam Man Asian supermarket in Quincy, followed by lunch and then the South Shore Plaza. Join us for a unique cultural shopping experi-

ence, followed by a chance to get some holiday shopping done.

**Falmouth Shopping Trips, UICOA**  
Nov. 20 & Dec. 11, 8:15 am boat leaving, 3:45pm returning. Call 508-693-2896 for more information or to sign up.

**“Come From Away” at Providence Performing Arts Center, UICOA**  
Dec. 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 following the landing of 38 international planes 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.”

# 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, 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](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 w/ Nan Doty, ECOA

#### Wednesdays.

9:30 am: For those

with some experience

10:30am: Tea

11:00 am: Easy Tai Chi

Call to register 508-627-4368

### Walking Club, OBCOA

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

### Anchors Society for Lifelong Learning, ECOA

Mon. 9:30 am (excluding 11/11)

See ECOA Highlights for details.

### Book Group, ECOA

Nov. 20, 3 pm, with Jill Jupen.

Book: “*Buddha’s Little Finger*”

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

### Classic Movies, TCOA

Thursdays, 1:15 pm

### 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

Oct. 18, 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.

### Creative Painting w/ Bruce, TCOA

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 or-

ganizations, 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 12:00 - 3:00 pm

Call or email Carol

for info on dates and seating:

508-627-4722,

[flogors@comcast.net](mailto:flogors@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.

## MVRHS LUNCHEON

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

**Thursday, Nov. 14**

Music at 11:00 • Lunch served promptly at 11:30

### MENU:

- Roasted Beet Salad with fresh herbs, toasted nuts, orange • Hand rolled Fresh Pasta with broccoli and pork sausage ragu • Bittersweet Chocolate Torte with macerated strawberries and caramel ice cream

Always delicious! \$12

Reservations are a must! • Call 508-939-9440

## 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 • Linda Jean’s
- Morning Glory Farm • Susan Scott of Privatus
- Island Grown Initiative