

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

December 2019 - Vol. 23, Issue 12

SHINE NEWS

Medicare Part D and Pharmacies

For MOST Medicare drug plans, the pharmacy you use could make a big difference in the cost of your medications! All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your medications will not be covered, and you will pay full retail price.

For 2020, the majority of the Medicare drug plans have preferred pharmacies. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for 2020, so please check to make sure the pharmacy you currently use will still be the best come Jan. 1. There is a big difference between preferred pharmacy copayments and non-preferred pharmacy copayments.

Most plans have a mail-order program that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. Some mail-order programs may have a cost savings, but there are times when using a preferred, local pharmacy could end up costing you less than mail order.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT! CALL 1-800-MEDICARE (1-800-633-4227) NOW

ELDER LAW

This season, give something special, and ask for something special in return.

By Arthur P. Bergeron
Elder law attorney in the Trusts and Estates Group at Mirick O'Connell

EVERY YEAR AROUND THIS TIME, I LIKE TO REMIND PEOPLE OF SOME BASIC RULES OF GIVING:

GIFT TAX

The annual exclusion amount of \$15,000 or less for a gift does not have to be reported to the IRS. The recipient of the gift does not have to pay income tax on the gift. You have to file a gift tax return to report a gift that exceeds \$15,000 to the IRS. However, you pay no gift tax until your total lifetime gifts (not counting gifts under \$15,000) exceed \$11,400,000.

CAPITAL GAINS

Better to hold assets such as stocks until you die, at which time the "basis" will jump to the date of death value, so the new owner will be able to sell the asset basically tax-free.

CHARITABLE GIFTS

The ideal gift to charity is one that comes from your IRA or other tax-deferred funds, since the income tax you would have paid in the year of receipt of these funds will be eliminated as a result of the charitable deduction.

For family and friends, consider gifting them something sentimental, something that you can get joy out of seeing them use. Then think about the gift you would want most from them. Perhaps it's a regular call or visit. So ask them for that most special of gifts in today's world: Time.

Contact me with questions at 508-860-1470 or abergeron@mirickoconnell.com. You can also subscribe to Frank and Mary's YouTube Channel, [youtube.com/user/ElderLawFrankAndMary](https://www.youtube.com/user/ElderLawFrankAndMary) for the latest informational videos.

VA NEWS

Veterans Services Officer

The Dukes County Veterans Service Department serves the veterans of all seven towns within Dukes County. The Veterans Service Officer helps veterans obtain all the benefits to which they are entitled, keeps records of living and deceased veterans, and conceives programs to honor vets and promote patriotism.

Veterans Services provides for the provision of Federal Veterans Administration and general laws governing the financial support of local veterans, including the determination of eligibil-

ity, the disbursement of veterans benefits, and assisting local veterans and their families in obtaining financial and other counseling, advice, and assistance.

Many thanks again to Jo Ann Murphy for her many years of service as the Veterans Service Officer, and a warm welcome to Bruce Montrose, who took over for her following her retirement in September. Bruce can be reached at the Country Administration Building Monday through Friday from 8:30 am to 2:30 pm or by phone at 508-693-6887.



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

See our newsletter at edgartowncoa.com for more information.

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

Holiday Movies in December at the Anchors
Dec. 4, 1 pm: “White Christmas”
Dec. 11, 1 pm: “Love Actually”
Dec. 18, 1 pm: “Miracle on 34th Street”
Snacks and good company. Call to sign up.

The Anchors Holiday Open House
Dec. 13, 11:30 am–1:30 pm
Join us as part of the annual Christmas in Edgartown event. Warm up at our chili bar

and share in the festive spirit of the season!
Get in the Holiday Spirit
Dec. 10, noon
Join us for lunch and some sounds of the season, courtesy of Martha’s Vineyard High School’s Minnesingers.

Ornament-Making Workshop
Dec. 9, 9:30 am at the Anchors
Make a lovely miniature Adirondack chair or sled ornament. Supplies and instruction provided. Call to reserve.

ECOA Got Strength? Strength Training Class with Lisa Amols
Tuesdays 8:30 am, and Thursdays 3:30 pm.
Be strong, flexible, fit, and happy! Work hard and feel great. Call Lisa, 508-693-1009,

before first class. Punch cards available. Join anytime.

The Anchors Society for Lifelong Learning
New course begins Jan. 6.
Mondays 9:30 am–11:30 am
“Medical Myths, Lies, and Half-Truths: What We Think We Know May Be Hurting Us,” a Great Course. Call Meris at the Anchors to register and to learn more. Seeking volunteers to co-facilitate future courses.

Edgartown Bowlers
Dec. 2 from 11:30–1:30 at Barn Bowl & Bistro. All for fun! Lunch included, \$10. Call to sign up.

Oak Bluffs Highlights - 508-693-4509

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

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

Friends of the Oak Bluffs Council on Aging Meeting
April 9, 2 pm
The Friends are planning a North End/ Duck Boat tour in the spring! Stay tuned.

Board of Directors Meeting
Feb. 20, 2 pm

Bowling at the Barn
Wednesdays
For more info or to sign up, call Rose by Thursday the week prior.

Men’s and Ladies’ Luncheon

Thursday, Dec. 5, noon
Note date change to Thursday, so our bowlers will be able to join and celebrate our December birthdays. Call Rose to sign up.

Threshold Choir
Dec. 2 and 16, 1 pm
No experience needed. Just the desire to sing!

Animal Companions
Dec. 9 and 23, 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.

Conversations with Joseph Sollitto
Dec. 13, 10 am
Join retired Clerk of Dukes County Superior Court for a discussion-based program.

New! Island Bridge Club
Beginning Thursday, Dec. 5th
This new Bridge Club will be playing ACBL Duplicate Bridge. Players will need to come with a partner. All levels of players are welcome! For more info, call Barbara Silk, 508-696-1834.

Tisbury Highlights - 508-696-4205

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

Minnesingers Will Sing Holiday Favorites
Dec. 10, 1 pm
Join us in welcoming the M.V. Regional High School Minnesingers as they make their annual visit to the Senior Center to share their holiday repertoire. Always a wonderful time, with great music to listen to and sing along with!

Holiday Open House
Dec. 15, 2–4 pm
Susan Klein with Memories and Folklore of Christmas Past. Christmas Favorites

with DJ Donald Rose. Door prizes and refreshments. Open to all!
New! Kings in the Corner Card Game
Tuesdays, 1:15 pm

Tap Dance with Carol Magee
Wednesdays, 3:15 pm. Free.
Join friends at the TCOA on Wednesdays for tap-dancing lessons with Carol Magee. Break out your tap shoes or other hard-sole shoes, and join in on a fun afternoon of dance!

Fitness Classes with Catie Blake

Tuesdays, 9:30 am, and Thursdays, 10 am
Join instructor Catie Blake in the morning on Tuesdays and Thursdays at the TCOA as she guides you through exercises focused on functional fitness. Classes are free and equipment is provided! Call the center for more info.

Ukulele Group
Wednesdays, 1 pm. Free instruction!
Each week instructor Martha Child leads a group of enthusiastic learners in how to play the ukulele! All levels of experience are welcome and encouraged to join!

Up-Island Highlights - 508-693-2896

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

MVRHS Minnesingers Pre-Concert Tour!
Tuesday, Dec. 3. Join us for a sneak peek of their annual winter performance! It’s sure to be a great show! Please let us know if you would like to attend!

Chilmark Library: Meet Your Staff Information Clinic
First Tuesdays of the month! Dec.3, 2–3 pm
Staff members of the UPICOA will be available at the Chilmark 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 an-

cient art of Japanese paper-folding. Using traditional, vibrantly patterned origami paper, make fun and beautiful objects such as paper cranes. Please RSVP.

Mindfulness Meditation with Ed Merck
Mondays, 9–10 am
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 the principles and practices of mindfulness. The many benefits include relaxation, less reactivity, mental clarity, a sense of peace, and health benefits such as lower blood pressure, better sleep, and less pain.

Vineyard Isle Parkinsonian’s

Support Group
Monday, Dec. 9, at 10:30. Please call Bethany for details at 508-693-2896.

Parkinson’s Caregiver Support Group
Call Bethany for information at 508-693-2896.

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 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 on Dec. 25 and Jan. 1. The M.V. Center for Living will be closed on the 25th and 26th. Call your COA for more info about holiday closures.

Home-Delivered Holiday Meals
Enjoy a meal delivered to your door on Christmas Day.

If you are alone or will be unable to go out, call your local Senior Center no later than Dec. 16 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 Christmas Day in an oven- and 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
Dec. 3, 5:30 p.m.

“Making the Last Year of Your Life as Good as It Can Be” Oftentimes, prior to death, seniors start to decline in the last year or so of their lives. The good news is that with modern medical technology, doctors are now able to detect a decline in health well in advance. How do we plan to make this remaining time as good as it can be? 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.

Falmouth Shopping Trip, UICOA
Dec. 11, 8:15 am boat leaving, 3:45 pm 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. “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.”



A Monthly Newsletter from your local **Councils on Aging** and the **Martha’s Vineyard Center for Living**

Find helpful information on Veterans Services, Travel News, Activities, Individual Town Councils on Aging and more!

To place your ad, adsales@mvtimes.com or call 508-693-6100 x2

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,
Dec. 17, 10 – 11 am

CHILMARK:
Chilmark library,
Dec. 18, 11 am – 1 pm

EDGARTOWN:
Edgartown library,
Dec. 4, 10 – 11 am
EDGARTOWN STOP & SHOP PHARMACY,
Dec. 4, 11:30 am – 1:30 pm
EDGARTOWN TOWN HALL,
Dec. 31, 10 – 11:30 am
EDGARTOWN COA,
Dec. 31, 12 – 1 pm

OAK BLUFFS:
Woodside Village I,
Dec. 20, 11:30 am – 12:30 pm
Woodside Village II:
Dec. 20, 12:45 – 1:30 pm
Oak Bluffs COA:
Dec. 3 and 19, 12:30 – 1:30 pm

TISBURY:
Tisbury COA: Dec. 3, 10 – 11 am
Island Food Pantry: Dec. 4 and 18,
2 – 3 pm 2 – 3 pm

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

HEARING SERVICES, CALL IN ADVANCE FOR AN APPOINTMENT.

OBCOA:
Dec. 10, 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
Dec. 2, 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, Dec. 11, 9:30 am
Call 508-693-4509, ext. 3

ECOA, Dec. 17, 1 – 3:30 pm
Call 508-627-4368.

UICOA, Dec. 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.
Dec. 3, ECOA. Appointments starting at 10 am. Call COA for appointment.

Free Legal Clinic
Dec. 11, 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
Dec. 16, 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
Dec. 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
Dec. 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.

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
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

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
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. TCOA: Thursdays, 4 pm

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

Yoga: Kundalini, TCOA
Tuesdays, 3:15 pm, 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

Anchors Society for Lifelong Learning
New Course beginning Jan. 6. See ECOA Highlights for details or call 508-627-4368 for info

Book Group, ECOA
Jan. 29, 3 pm, with Jill Jupen
Book: “*The Waterfall*” by Margaret Drabble. Refreshments. Call 508-627-4368.

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

Conversation Group, OBCOA
Fridays, 10 to 11:30 am

Discussion Group, UICOA
Tuesdays, 9:30 am
Open discussion, all welcome. Call 508-693-2896 for information.

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.

Movies, TCOA
Thursdays, 1:30 pm

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 organizations, or your personal project.

The more the merrier! Knitting, crew-el, 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, 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

Chinese MahJong, OBCOA
Tuesdays 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, Dec. 12

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

MENU: TBA

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 • Island Grown Initiative