



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

February 2020 - Vol. 24, Issue 2

SHINE NEWS

# Medicare Savings Programs:

Because of a new state law, Massachusetts is expanding several Medicare Savings Programs (also known as "MassHealth Buy-In" programs). These programs help older residents and people living with disabilities save money on their Medicare coverage.

If you are a Massachusetts resident with limited income and assets who is eligible for Medicare, you may qualify for a Medicare Savings Program that will pay

your monthly Medicare Part B premium, which is now deducted from your Social Security benefit.

**Starting Jan. 1, 2020**, the income and asset limits for the Medicare Savings Programs are increasing. If you qualify for a Medicare Savings Program, you will also **automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare.**

You are:	Your income is at or below*:	And your assets are at or below:
Single individual	\$1,738/month	\$15,720
Married couple	\$2,346/month	\$23,600

\* Note these amounts may increase as of March 1, 2020.

For more information, contact your local SHINE counselor at your COA or the regional SHINE office (508-375-6762). You can also contact MassHealth directly to request a MassHealth Buy-In application (800-841-2900), or download one from <https://tinyurl.com/MassMSP>.



## 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
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- 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

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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.

## ELDER LAW

# Does your power of attorney do what you need it to do?

By Arthur P. Bergeron

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

Oftentimes at my elder law seminars, I ask guests if they have a durable power of attorney. Most people raise their hands. A power of attorney is needed to authorize someone to handle all your financial and legal affairs if you are not able to do so yourself. If there's no power of attorney, only a court-appointed conservator can do those things. Next, I ask how many people have recently read their power of attorney. Fewer hands go up. You should make a point of reading it, *and updating it*, every few years, as situations may change over time.

- Name an alternate
- Include the power to make gifts
- Exclude a cap on gifts

So do yourself a favor, and read your durable power of attorney. If you're not sure it's correct, talk with your lawyer about it. If drafted correctly, this inexpensive legal document can save you and your family a lot of money, time, and aggravation. If you need more information on this, you may contact me at 508-860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com). You can also view my 10-minute Q and A Fireside Chats and Frank and Mary TV Shows on Frank and Mary's YouTube Channel, [youtube.com/elderlawfrankandmary](https://youtube.com/elderlawfrankandmary).

Here are the factors you should check:  
• Be sure your power of attorney is "durable"

## INCOME TAX PREPARATION

# AARP Tax Aide Program

Volunteers, certified and trained under the AARP Tax Aide Program, will again offer free income tax preparation assistance for taxpayers, with a special emphasis on taxpayers 55 and older. Appointments may be scheduled by calling your local Council on Aging.

Taxpayers are requested to bring last year's tax return and all 2019 tax forms (W-2, SSA-1099, and other 1099 forms, including real estate taxes), and are requested to complete the Information Questionnaire that is available at each Senior Center.

DATE	LOCATION	CALL FOR APPOINTMENT
March 3	Edgartown Library	Edgartown Council on Aging - 508-627-4368
March 6	Tisbury Council on Aging	Tisbury Council on Aging - 508-696-4205
March 10	Oak Bluffs library	Oak Bluffs Council on Aging - 508-693-4509
March 13	Tisbury Council on Aging	Tisbury Council on Aging - 508-696-4205
March 16	Up-Island Council on Aging	Up Island Council on Aging - 508-693-2896
March 19	Oak Bluffs library	Oak Bluffs Council on Aging - 508-693-4509
March 23	Up-Island Council on Aging	Up Island Council on Aging - 508-693-2896
March 25	Oak Bluffs library	Oak Bluffs Council on Aging - 508-693-4509
March 30	Edgartown library	Edgartown Council on Aging - 508-627-4368

## VA NEWS

# VA releases updated DOD list identifying Agent Orange sites outside Vietnam

The U.S. Department of Veterans Affairs (VA) released in January an updated Department of Defense (DOD) list of locations outside Vietnam where tactical herbicides were used, tested, or stored by the U.S. military. "This update was necessary to improve accuracy and communication of information," said VA Secretary Robert Wilkie. "VA depends on DOD to provide information regarding in-service environmental exposure for disability claims based on exposure to herbicides outside of Vietnam."

DOD conducted a thorough review of research, reports, and government publications in response to a November 2018 Government Accountability Office report.

"DOD will continue to be responsive to the needs of our interagency partners in all matters related to taking care of both current and former service members," said Defense Secretary Mark T. Esper. "The updated list includes Agents Orange, Pink, Green, Purple, Blue, and White, and other chemicals, and will be updated as verifiable information becomes available."

Veterans who were exposed to Agent Orange or other herbicides during service may be eligible for a variety of VA benefits, including an Agent Orange Registry health exam, healthcare, and disability compensation for diseases associated with exposure. Their dependents and survivors also may be eligible for benefits.

Don't forget to check the Service Programs & Support Group Directory, and Calendar of Activities for more listings. Call in advance for program information and reservations, and remember that your Senior Centers are open to anyone, regardless of residence.

## Edgartown Highlights - 508-627-4368

Paul Mohair, Administrator  
Hours: 9 am-4 pm

### Lunches, Noon

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

### Movie in February at the Anchors

Feb. 5, 1 pm, "Casablanca,"  
1 hr, 42 min. Snacks and good company.  
Call 627-4368 to sign up.

### New! Men's Group at the Anchors

Feb. 12 and 26 at 1 pm. Please join us for a men's-only discussion group. Led by Gary Cogley. Member input governs program content, but topics are likely to include history, music, and sports, to name a few. Coffee and snacks. Call 627-4368 to register.

### Mark Jeanmaire of Alert Sentry Explains Personal Emergency Response Systems

Feb. 12, 1-2:15 pm, Informational Session for Aging Service Professionals. 2:30-3:30

pm, consumer information session. Please call the Anchors to register. 508-627-4368. In case of inclement weather, alternate date is Feb. 26.

### Studio Landscape Painting with Meris Keating

Thursdays, Feb. 6, 13, 20, 27, from 1-2:30 pm at the Anchors. Learn about composition, color, light, and technique. Create a painting of a favored natural scene from the island or afar. Space is limited. Call to register. \$20 materials fee.

### EOCA 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 presents The Great Courses. Mondays at 9:30 am.

Feb. 3, "Sugar and Hyperactivity" and "Antioxidants: Hype versus Reality."  
Feb. 10, "The Common Cold" and "Vaccination Benefits: How Well Vaccines Work."  
Feb. 24, "Vaccination Risks: Real and Imagined" and "Antibiotics, Germs, and Hygiene."  
FREE. All are welcome. Please call Meris at the Anchors to register and to learn more. 508-627-4368

### Edgartown Bowlers

Feb. 3 from 11:30 to 1:30 at Barn Bowl & Bistro. All for fun! Lunch included, \$10. Call to sign up, 508-627-4368.

## Oak Bluffs Highlights - 508-693-4509

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

### 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

### Men's and Ladies' Valentine's Day Luncheon

Feb. 13, noon. Call Rose to sign up.

### Threshold Choir

Feb. 3 and 18, 1 pm. No experience needed. Just the desire to sing!

### Animal Companions

Feb. 11 and 27, 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.

### New! Island Bridge Club

Thursdays, 2 pm  
This new Bridge Club will be playing ABL 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.

### Exercise with Bill White

Thursdays, 9-10 am  
Bill White is a talented personal trainer who will make sure to guide you through a fabulous workout! People of all fitness levels are welcome! Call for more info.

### Coffee with the Chief

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

### Conversations with Joseph Sollitto

Date TBA, 10 am  
Join retired Clerk of Dukes County Superior Court for a discussion-based program. Call for info.

## Tisbury Highlights - 508-696-4205

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

**Highlighted for 2020** are several day-trips you may be interested in (private charter bus; no stress with traffic and parking!). We are planning a visit to the annual Boston Flower Show in March. This year's show theme is Garden Party. Call now to reserve.

**On May 3 at 3 pm**, enjoy the Cape Symphony premiere of Gustav Mahler's "Symphony No. 5," plus a Mozart violin concerto, and Tan Dun's Internet Symphony, a celebration of the global music community. Isabella Stewart Gardner Museum awes with her Venetian palace in

the middle of Boston. Visit the beautiful Isabella Stewart Gardner Museum on May 11. Includes museum tour, and lunch at Café G. Deadline to register late March. Venues do sell out.

**Here at the TSC**, we would like to start games of the classic 4 Kings Card Game on Tuesdays at 1:15. Learn to play and then entertain the grandchildren when they visit!

### Movies, TCOA

Beginning Feb. 20, 1:15 pm

Go back in time to the Golden Age of Hollywood. Includes popcorn! If interested, stay afterward for a short discussion about the film. Free.

### Gentle Yoga with Carol Vega

Thursdays, 4 pm. Bring a mat. All are welcome. Leave your day behind! Breathe and relax!

### Tisbury Seniors Bowling, TCOA

Monday, Feb. 3, 11:30-1:30  
Bowling with delicious lunch at BB&B: \$10  
Must register in advance: 508-696-4205

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

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

### Howes House Winter Social

Feb. 25, 12 pm. Free!  
Come in from the cold for a cozy afternoon of food, fun games, and friends! Bring your favorite game, or use one of ours. We will be serving a hot soup lunch (vegan option will be available). All ages welcome! RSVP by Feb. 19.

### Luncheon Hosted by West Tisbury Police Department

March 10. Free.  
Join us for a lunch prepared and served by our West Tisbury men in blue. Please call for details. Space limited. RSVP required by Tuesday March 3.

### Chilmark Library: Meet Your Staff Information Clinic

First Tuesday of the Month! Feb. 4, 2-3 pm  
Staff members of the UICOA will be at the Chilmark library for information or

to meet confidentially with questions or concerns. Drop in or by appointment.

### Mindfulness Meditation with Ed Merck

Mondays, 9 - 10 am  
Free. All levels welcome. RSVP required. A meditation study group that uses guided meditation, silence, and participant sharing to explore the principles and practices of mindfulness.

### Vineyard Isle Parkinsonians Support Group

Feb. 10, at 10:30.  
Please call Bethany for details.

### Parkinson's Caregiver Support Group

Call Bethany for further information.

### Outreach Services

Available Monday to Friday, 9:30 to 3. 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, free of charge. Joyce Albertine is UICOA's SHINE counselor, available to assist with health insurance questions.

### Discussion Group

Every Tuesday morning from 9:30 to 11, there is an open discussion of exciting and often controversial topics at Howes House. New members are always welcome! Call for info.

### Island Grown Initiative's Mobile Market at Howes House!

Thursdays through Feb. 27, 3:30-4:30 pm.  
Island Grown Initiative is a nonprofit focused on food sustainability. The mobile market brings affordable, locally grown fruits, vegetables, and more to locations on the Island. Food is purchased from local farms and greenhouses, and sold at cost. All are welcome! SNAP, EBT, and HIP benefits accepted!

# MV Center for Living Memory Café

Every Thursday  
from 10 am to noon  
29 Breakdown Lane,  
Vineyard Haven

Memory cafés have sprung up all over the country, and offer people with memory challenges and their care partners the opportunity to enjoy regular, enjoyable social interaction with others in similar circumstances in a safe, welcoming environment. The Memory Café at the Center for Living is open on a drop-in basis, with no preregistration required. However, a phone call is encouraged before the first visit to make sure the participants understand the purpose and guidelines of the program.

There is no fee for participation, and all are welcome.

The idea of a memory café is to share the commitment of offering hospitality, interesting and engaging programs, and information about dementia and other services available to families. At a memory café gathering, there is no worry about the social stigma that is often associated with dementia.

Memory cafés are an important component of the vision of creating dementia-friendly areas where people living with dementia can continue to find meaning and purpose in their daily lives despite experiencing memory loss and other cognitive challenges. The goal is for individuals with dementia to live well and develop friendships and connections in a community that understands and supports them and their care partners.

Call MV Center for Living at 508-939-9440 for more information, and join us on Thursday!



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](mailto: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**, Feb. 18, 10 – 11 am

**CHILMARK:**  
**Chilmark library**, Feb. 19, 11 am – 1 pm

**EDGARTOWN:**  
**Edgartown library**, Feb. 5, 10 – 11 am  
**EDGARTOWN STOP & SHOP PHARMACY**, Feb. 5, 11:30 am – 1:30 pm  
**EDGARTOWN TOWN HALL**, Feb. 25, 10 – 11:30 am  
**EDGARTOWN COA**, Feb. 25, 12 – 1 pm

**OAK BLUFFS:**  
**Woodside Village I**, Feb. 21, 11:30 am – 12:30 pm  
**Woodside Village II**, Feb. 21, 12:45 – 1:30 pm  
**Oak Bluffs COA**, Feb. 4 and 20, 12:30 – 1:30 pm

**TISBURY:**  
**Tisbury COA**, Feb. 4, 10 – 11 am  
**Island Food Pantry**, Feb. 5 and 19, 2 – 3 pm

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

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

**OBCOA:**  
Feb. 11, 10 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**  
Feb. 10, 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 Grete Christiansen**. Call 508-693-2896 for an appointment: half-hour appts., \$30

**OBCOA**, March 11, 9:30 am  
Call 508-693-4509, ext. 3

**ECO**, Mar. 17, 1 – 3:30 pm  
Call 508-627-4368.

**UICOA**, Mar. 24, 9 am  
Call 508-693-2896.

## Insurance, Legal, Social Security

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

**S.H.I.N.E.**  
**ECO**, call 508-627-4368 for an appt.  
**OBCOA**, call 508-693-4509, ext. 3, for appt.  
**TCOA**, call 508-696-4205 for an appt.  
**UICOA**, call 508-693-2896 for an appt.

**Wampanoag Tribal Council**, 508-645-9265.  
**Vineyard Health Care Access Program**, 508-696-0020.

**Elder Law Project:**  
**South Coastal Counties Legal Services (Cape and Islands)**  
Katie Wibbey, elder law attorney. Feb. 4, ECOA. Appointments starting

at 10 am. Call COA for appointment.

**Free Legal Clinic**  
Feb. 12, 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**  
Feb. 24, 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.

**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.  
**Island Grown Initiative’s Mobile Market, UICOA**  
Thursdays, 1/9 – 2/ 27, 3:30-4:30pm. Local food is purchased from a variety

of farms and greenhouses and sold at cost. All ages and incomes are welcome! SNAP, EBT, HIP benefits will be accepted! See Up-Island Highlights for more info.

**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**  
Date TBA, 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 12:30 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**  
Jan. 13, 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

### 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.

### Bowling, ECOA & TCOA

Feb. 3 from 11:30 am to 1:30 pm at Barn Bowl & Bistro. All for fun! Lunch included, \$10. RSVP Required.  
ECOA: 508-627-4368  
TCOA: 508-696-4205

### Dance Free, UICOA

Tuesdays, 3 – 4 pm  
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!

### Dance: Tap Lessons, TCOA

Wednesdays, 3:15 pm. Free  
Instructor: Carol Magee  
Wear tap or hard sole shoes.

### Fitness with Catie, TCOA

Tuesday: 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, 8:30 am  
Thursdays, 3:30 pm  
Instructor: Lisa Amols  
Be strong, flexible, fit, and happy! Work hard and feel great. 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: Tai Chi Class  
10:30 am: Tea  
Call to register before your first class, 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  
TCOA: Thursdays, 4 pm

### Yoga: Chair & Dance w/ Kat, OBCOA

\$5 per class.  
Tuesdays, 10 am  
Thursdays, 10:30 am

### Yoga: Meditation/Relaxation, TCOA

Tuesdays, 3:15 pm. 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

Mondays, 9:30 am. Free.  
See ECOA Highlights for details, or call 508-627-4368 for info.

### Book Group, ECOA

Feb. 22, 3 pm, with Jill Jupen  
Call Anchors for book title.  
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 am – 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, 1:15 pm. Free  
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 pm. Free  
Instructor: Martha C

## Arts and Crafts

### Art Club, ECOA

Call to express interest, 508-627-4368.

### Color a Mandala, TCOA

Tuesdays, 1:15 pm, free.  
Bring a friend! Supplies provided.

### Creative Painting w/ Bruce, TCOA

Mondays, 10 am to noon. 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  
All welcome. Join for creativity and conversation.  
Not an instructional group.  
Call 508-627-4368.

### Needlework for Charity, ECOA

Tuesdays, 10 am  
Make projects benefiting charitable organizations, or your personal project. 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

Fourth Wednesday of the month.  
2 pm. Free  
Learn the ancient art of Japanese paper folding. RSVP: 508-693-2896.

### Studio Landscape Painting w/ Meris

Thursdays, Feb. 6 – 27 from 1 - 2:30 pm. \$20 materials fee.  
See Edgartown Highlights for details.

### UFOs – Unfinished Forgotten Objects, OBCOA

Fridays, 1 – 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 – 11 am

## Cards and Games

### Cribbage, OBCOA

Fridays, 9 am

### Bingo, OBCOA

Second Wednesday of the month.  
1 – 3 pm and 6 – 8 pm

### Bridge: Ladies, OBCOA

Tuesdays, 9:30 – 11:30 am

### Bridge: Nonsanctioned Duplicate, ECOA

Thursdays 12:30 - 3:30 pm

Call or email Carol for info on dates and seating: 508-627-4722, fligors@comcast.net.

### Bridge Games, TCOA

Duplicate Bridge — Mondays, 1 pm  
Call Gayle for info: 617-966-7904.  
Party Bridge — Fridays, 1 – 4 pm  
Call Trudy for info: 508-627-6719.

### Hand and Foot Card Games, OBCOA

Mondays – Fridays, 9 am

### Kings in the Corner Card Game, TCOA

Tuesdays, 1:15 pm beginning 2/20/2020  
Instructor and members needed to form a new group.  
Call if interested: 508-696-4205

### Ladies Cards, OBCOA

Tuesdays, 1 pm

### Mah Jong: Chinese

ECOA, Tuesdays and Fridays, 1 pm.  
Beginners welcome!

UICOA, Wednesdays, 1 pm and Thursdays, 1:30 pm  
OBCOA, Mondays, 1 pm

### Mah Jong: American, 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, Feb. 13

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

### MENU:

Chicken Cupid • Breaded Cutlet Asparagus and Crabmeat with Sauce Charon • Raspberry Pavlova

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:

Offshore Ale • Island Fresh Pizza