



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

**ELDER LAW**

# The Circuit Breaker Tax Credit

By Arthur P. Bergeron

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

A reason to look forward to filing your tax return, at least your Massachusetts return, is the Circuit Breaker tax credit. It is a tax credit based on the actual real estate taxes paid on residential property you own or rent and occupy as your principal residence. It is designed to help seniors reduce their tax or rent bill.

This is not a deduction, or a credit against tax money you may have paid to the commonwealth in 2019. You can get up to \$1,130 back even if you paid or otherwise owe nothing in state income tax. And if you are just learning about this benefit, you can also amend your earlier returns (or file new ones) for 2018 and 2017 to get payments back for those years too. If you don't own a home, you may still be entitled to

reimbursement from the commonwealth, because of what you paid in rent.

There are a few limits to consider. You must be a Massachusetts resident. You must be 65 or older. You must file a Massachusetts income tax return. For 2019, your income cannot exceed \$60,000 if single, \$75,000 if "head of household," \$90,000 if married, and the assessed value of your home cannot exceed \$808,000.

If you need more information on this, you can contact me at 508-860-1470 or abergeron@mirickoconnell.com. All of my cable TV shows, educational seminars, and 10-minute elder law Q and A Fireside Chats are available on Frank and Mary's YouTube channel, youtube.com/elderlawfrankandmary.

**SHINE NEWS**

## Are you happy with your 2020 Medicare health Insurance plan?

Now that you are a few months into 2020, let's think about your 2020 Medicare health and prescription plans. Have you had some out-of-pocket expenses you did not anticipate? Were your copayments more than you thought they should be? Are you struggling with premium expenses? Do you just need someone to explain what you have for coverage?

SHINE counselors can help explain your policies so you have a better understanding

of what your financial obligations are. We can also look to see if you qualify for any assistance programs to help alleviate some of the out-of-pocket expenses.

We are here to help. Don't hesitate to give us a call if you have any questions regarding your Medicare coverage.

You can make an appointment with a SHINE counselor at your local senior center, or call the Regional SHINE Office, Barnstable County Dept. of Human Services, at 508-375-6762.

**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**

## From homeless to hopeful: Veterans thrive with peer specialists' support

Five years ago, Marine Corps veteran Frederick Nardei returned to service, but not the military. He became a certified peer support specialist, dedicated to helping fellow veterans whose futures were as uncertain as his had once been.

Nardei served as a peer specialist for a recent study at the VA Pittsburgh Healthcare System, helping veterans enrolled in U.S. Department of Housing and Urban Development-VA Supportive Housing (HUD-VASH) manage their mental health and substance misuse challenges. The study was also conducted at the Edith Nourse Rogers Memorial Veterans Hospital in Bedford, where it was led by Dr. Marsha Ellison.

Actively and significantly engaged in their own recovery from mental health issues, VA peer specialists serve as success stories for their fellow veterans. Their experience using mental health services, combined with their VA training and certification, have made them valuable additions to VA's mental health offerings.

"My own experiences with homelessness, drug abuse, and mental illness had prepared my heart to serve in ways that the veterans could easily relate to... When I share my recovery story, they say that they are inspired and empowered because they can see that I am the

evidence that recovery is possible and achievable," said Nardei.

The study, led by Pittsburgh VA's Dr. Matthew Chinman, found that formerly homeless veterans who worked extensively with peer specialists had greater improvements in their symptoms than those who did not. When asked about their work with a peer specialist, both the Veterans and the other HUD-VASH staff expressed great satisfaction. Veterans reported being less isolated, more integrated into their community, and more involved in recovery activities as a result of their work with a peer specialist. Who better to help other veterans on their recovery journey than someone who has been in their shoes?

The peer support program inspires and empowers participants to recover, heal and grow. Nardei believes that there is nothing more powerful than seeing someone accomplish the things that once seemed impossible.

To become a VA-trained peer specialist, visit the VA Careers webpage for details. To learn more about peer specialists and how they improve veterans' lives, download the Peer Support Toolkit.

This article can be retrieved from VAntage Point, the official blog of the VA, at bit.ly/VApeerhelp.



### 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

To learn more about our flexible rental options at Thirwood Place, visit us online at [ThirwoodPlace.com](http://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](http://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.

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

### Lunch and Lectures

Joshua Levy Talks Nutrition March 10 during lunch. Join us in learning about nutrition from this registered dietician and co-proprietor of Vineyard Nutrition. MV Mediation March 13 during lunch. Join us in welcoming the team from M.V. Mediation. They will explain their services, and how they help resolve conflicts which may arise for older adults and their families during times of difficult decision-making.

### St. Patrick's Day lunch, with music by Sara Piazza

March 17, during lunch. Celebrate Irish culture through food, traditional Irish folk songs, and a bit of history.

### Meditation in Motion with Nan Doty

Wednesdays March 4-May 6, 11 am-noon. Call 627-4368 to register.

Through a series of slow, mindful movements, improve your balance, strength, and flexibility while also cultivating a positive, life-affirming attitude. Activate deeper breathing, relaxation, and relief from stress. Boost energy levels without expending energy. Stimulate your immune system to prevent or help heal illness through Qigong.

### The Anchors Society for Lifelong Learning presents The Great Courses.

Mondays, 9:30 am.

March 2, "Vague Symptoms and Fuzzy Diagnosis" and "Herbalism and Herbal Medicine"

March 9, "Homeopathy: One Giant Myth" and "Facts about Toxins and Myths about Detox"

March 16, "Myths about Acupuncture's Past and Benefits" and "Myths about

Magnets, Microwaves, Cell Phones"

March 23, "All About Hypnosis" and

"Myths about Coma and Consciousness"

March 30, "What Placebos Can and Cannot Do" and "Myths About Pregnancy"

Free. All are welcome. Please call Meris at the Anchors to register and to learn more, at 508-627-4368.

### Edgartown Bowlers

March 2 from 11:30-1:30 at Barn Bowl & Bistro. All for fun! Lunch included, \$10.

Call to sign up, 508-627-4368.

### Open Studio at the Anchors

Thursdays March 12, 19, 26, 1-3 pm. Free to bring your own project and supplies.

For \$5 we supply the paint and a canvas. Come and create in a beautiful space.

Maybe you have a project you are ready to finish.

Call Meris to register and for more information at 508-627-4368.

## Oak Bluffs Highlights - 508-693-4509

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

### Public Health Clinic

March 3 and 19, 12:30-1:30

We will be celebrating National Nutrition Month with information and materials from our public health nurses.

### Fuel Assistance Application Help

OBCOA processes fuel assistance applications for Oak Bluffs seniors age 60 and over.

Call Rose for info.

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

April 9, 2 pm

### Board of Directors Meeting

March 19, 2 pm

### Men's and Ladies' St. Patrick's Day Luncheon

March 17, noon

Call Rose to sign up.

### Threshold Choir

March 2 and 16, 1 pm

No experience needed. Just the desire to sing!

### Animal Companions

March 9 and 23, 1 pm

### 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

### 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. The venue does sell out. Call if interested: 508-696-4205, M-F. Have fun playing the

classic 4 Kings Card Game on Tuesdays at 1:15. Learn to play and then entertain the grandchildren when they visit!

### Tisbury Seniors Bowling

Monday, March 9, 11:30-1:30

Bowling with delicious lunch at BB&B, \$10. Must register in advance: 508-696-4205

### Third Thursday Movie

March 19 at 1:30 pm

Go back in time to the Golden Age of Hollywood, or tell us what you would like to see.

If interested, stay afterward for short discussion about the film. Free.

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

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

### Info forum with audiologist Dr. Lesley Segal

Tuesday, March 17, 1pm

This session will focus on hearing loss, hearing aids, and other issues related to hearing loss. Bring your questions or concerns!

### Luncheon hosted by the West Tisbury Police Department

Monday, March 10. 12 pm, free.

Join us for a lunch prepared and served by our West Tisbury men in blue. Call for details. Space limited. RSVP required by Tuesday 3/3. 508-693-2896

### Chilmark library: Meet your staff information clinic

March 3, 2-3pm

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, 9-10am

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.

### 'Ain't Too Proud: The life and times of the Temptations'

Saturday, July 19. Providence Performing Center

"'Ain't Too Proud' is the electrifying new musical that follows the Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame."

Price TBA. Includes round-trip motor coach, lunch at Blake's Tavern, show tick-

ets, and gratuities. Call if interested!

### Vineyard Isle Parkinsonians Support Group

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

### 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.

# 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 or call 508-693-6100 x2



# Up to the minute

Minute

The daily MVTimes newsletter, delivered straight to your inbox every weekday.

Sign up today at [mvtimes.com/newsletter](http://mvtimes.com/newsletter) **MVTimes**

# 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 our public health nurse.

Call your Council on Aging for info.

### **BLOOD PRESSURE AND WELLNESS CLINIC SITES:**

**AQUINNAH:** Aquinnah Town Hall:  
March 17, 10 – 11 am

**CHILMARK:** Chilmark library:  
March 18, 11 am – 1 pm

### **EDGARTOWN:**

**Edgartown library:** March 4,  
10 – 11 am

**Edgartown Stop & Shop Pharmacy:**

March 4, 11:30 am – 1:30 pm  
**Edgartown Town Hall:** March 24,  
10 – 11:30 am

**EDGARTOWN COA:** March 24,  
12 – 1 pm

### **OAK BLUFFS:**

**Woodside Village I:** March 20,  
11:30 am – 12:30 pm

**Woodside Village II:** March 20,  
12:45 – 1:30 pm

**Oak Bluffs COA:** March 3 and 19,  
12:30 – 1:30 pm

### **TISBURY:**

**Tisbury COA:** March 3, 10 – 11 am  
Island Food Pantry: March 4 and 18,  
2 – 3 pm

### **WEST TISBURY:**

**Up-Island COA, Howes House:**  
March 10, 10 – 11 am

**West Tisbury library:**

March 10, 1:30 – 3 pm

### **HEARING SERVICES (CALL IN ADVANCE FOR AN APPOINTMENT)**

#### **OBCOA:**

March 10, 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**

March 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,  
508-627-4368.

### **TCOA: Miracle Ear**

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 your COA for an appointment:  
half-hour appts., non-diabetic only,  
\$30

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

**ECO,** March 17, 1 – 3:00 pm  
Call 508-627-4368.

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

## Insurance, Legal, Social Security

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

#### **SHINE**

**ECOA,** 508-627-4368 for an appt.

**OBCOA,** 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  
March 3, TCOA. Appointments  
starting at 10 am. Call COA for  
appointment.

### **Free Legal Clinic**

March 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,**  
OBCOA Date TBA, 9 am – 12 pm.

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.

### **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.  
aytime 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

## YOUR EXPERT RESOURCE FOR DEMENTIA EDUCATION

JOIN US FOR A COMPLIMENTARY THREE-PART SERIES

With Alicia Seaver, Vice President of Memory Care Operations  
& Certified Memory Impairment Specialist

MARCH 31 | MAY 5

WEST TISBURY LIBRARY

1042 STATE ROAD

Light appetizers will be served.

Certificates of Completion will be available for  
all who attend these seminars.

ETHICAL FIBBING

TUESDAY, MARCH 31 | 4 P.M.

Therapeutic fibbing, validation and redirection  
techniques can reassure, orient, comfort and  
calm people with dementia. But are these  
approaches the right thing to do?

MANAGING CHALLENGING  
BEHAVIORS

TUESDAY, MAY 5 | 4 P.M.

Learn communication techniques and expert-  
recommended approaches to help you manage  
your loved one's symptoms and difficult  
behaviors.

A dementia care educator  
and trainer, Alicia ensures our  
teams deliver the unique Bridges®  
culture and personalized care  
approach every day. Find more  
expert advice and useful caregiving  
tips in Alicia's blog series:  
[BridgesbyEPOCH.com/Blog](http://BridgesbyEPOCH.com/Blog).

Kindly RSVP to Allison.

508.477.0043 | [arussell@bridgesbyepoch.com](mailto:arussell@bridgesbyepoch.com)

462 Old Barnstable Road | Mashpee, MA 02649 | [BridgesbyEPOCH.com](http://BridgesbyEPOCH.com)    MASS RELAY 711    [f](#) [t](#) [@](#) [♿](#)

## 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 –  
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, 10 am – 12:30 pm.  
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**

March 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.

# 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 and 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.

### Meditation in Motion w/ Nan Doty, ECOA

Wednesdays, March 4 to May 6, 11–noon. Call 508-627-4368 to register.  
See Edgartown Highlights for details.

### 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

On break

### Yoga: Chair and 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

March 25, 3 pm, with Jill Jupen  
March's book: "The Trial" by Franz Kafka.  
Refreshments. Call 508-627-4368.

### Coffee and Conversation, OBCOA

Mondays – Fridays, 8:30 am

### Conversation Group, OBCOA

Fridays, 10 to 11:30 am

### 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.

### Third Thursday Movie, TCOA

March 19 at 1:30 pm  
Go back in time to the Golden Age of Hollywood; tell us what you would like to see. If interested, stay afterward for short discussion about the film. Free.

### Music and Memory Cafe

Thursdays, 10 am – noon. Live music and light refreshments. Call M.V. Center for Living, 508-939-9440.

### Play Readers, TCOA

Wednesdays, 9 am to noon

### Poetry Group, TCOA

First Monday of the month, 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

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.

### Open Studio at the Anchors

Thursdays, March 12, 19, 26, 1-3 pm.  
Free to bring your own project and supplies.

For \$5 we supply the paint and a canvas. Come and create in a beautiful space.

Maybe you have a project you are ready to finish.

Call Meris to register and for more information. 508-627-4368

### Pop-Up Origami, UICOA

Fourth Wednesday of the month.

2 pm. Free

Learn the ancient art of Japanese paper folding. RSVP: 508-693-2896.

### 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

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

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  
Located at the Culinary Arts Dining Room

**Thursday, March 12th**

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

### MENU:

Soda Bread • Cream of Potato Soup  
Poached Salmon vin Blanc • Baileys Cheesecake

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 Island Fresh Pizza for their generous donation to the Supportive Day Program's lunch program. Our community appreciates you!

Thank you Island Fresh Pizza