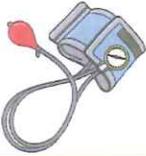


April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	2
3	4 9-10:30 "Writing Your Memoir" 10:00 Gentle Pilates 11:15 Yoga 2:00 "Planning for Aging" with Abe Seiman 5:00 Qi Gong	5 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	6 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	7 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge 4:00-6:15 MELT	8 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color Chair Massage with Eclipse Massage 508-693-2896 For appointment!	9
10	11 10:00 Gentle Pilates 10:30 Vineyard Isle Parkinsonians Support Group With special guests Urbanity Dance 11:15 Yoga 5:00 Qi Gong 	12 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group Blood Pressure Clinic 11:00-1:00 3:00-4:00 Dance Free	13 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	14 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	15 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 	16
17	18 10:00 Gentle Pilates 11:15 Yoga 5:00 Qi Gong 	19 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 3:00-4:00 Dance Free	20 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Falmouth Shopping Trip with Ellen call to sign up	21 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge 4:00-6:15 MELT	22 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color Chair Massage with Eclipse Massage 508-693-2896 For appointment!	23
24	25 10:00 Gentle Pilates 11:15 Yoga 5:00 Qi Gong 2:00 MV Museum Presents Presents: "Fowl Friends from the Island" 508-693-2896 to sign up Pedi Care Clinic 508-693-2896	26 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 1:00 Songkran: Tai New Year Celebration 3:00-4:00 Dance Free 	27 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Public Health Nurse 1pm-3pm	28 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Mah Jong 1:30 Bridge	29 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 	30

## Ongoing Services:

- Outreach
- Fuel Assistance
- SNAP (formerly known as Food Stamps)
- Government Surplus Food Distribution
- Notary Services
- SHINE (insurance specialist)
- File of Life
- Telephone Reassurance Calls
- Durable Medical Equipment
- Lifeline and Be Safer At Home

Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

-MV Museums Presentations! **The 3<sup>rd</sup> Monday of every month.**

-SMILES Free Dental Clinic  
**Friday May 13<sup>th</sup>**

-Presentation with *CaptionCall. Life is calling!*  
**Monday May 2nd at 2:00**

-Falmouth Shopping Trip. **May 18th.**

- Annual Howes House Art Show  
**June 24th 12pm-4pm and June 25th 9am-2pm**