

January 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office Closed 	2
3	4 10:00 Gentle Pilates 11:15 Yoga 4:00 Qi Gong Elder Law Project With Tom Kossman (appointment required. 508-693-2896)	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 Bridge 4:00 MELT 508-693-2896 to register	8 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	9
10	11 10:00 Gentle Pilates 11:15 Yoga  4:00 Qi Gong 10:30 Vineyard Isle Parkinsonians Support Group	12 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group Blood Pressure Clinic 11:30-1:30 3:00-4:00 Dance Free	13 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	14 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Bridge	15 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	16
17	Office Closed 	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 Patti Mello Legal Clinic (508)477-0267	21 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Scrabble 1:30 Bridge 4:00 MELT 508-693-2896 to register	22 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	23
24	25 10:00 Gentle Pilates 11:15 Yoga 1:30 MV Museum Presents: Lois Maillou Jones (part 2) 4:00 Qi Gong	26 8:30 & 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 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 Bridge	29 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 	30
31	MELT WORKSHOPS: Space is limited, call 508-693-2896 to reserve your space! January 7 th 4:00-5:30: MELT for Arthritis January 21 st 4:00-5:30: MELT for Back Pain					

Other 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:

MV Museums Presentations! The 3rd Monday of every month. Call 508-693-2896 to reserve.

“Planning For Aging” presentation by Abe Seiman. February 8th at 2:00pm.

“Writing You Memoir” with Moira Silva
March 7th, 14th, 21st, 28th 9:00 am- 10:30am
Pre-registration required. *Call 508-693-2896 to reserve. Space Limited.*

Felix Neck Presents: Animals in Winter
Monday March 7th at 2:00pm.