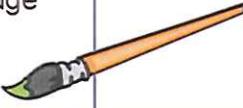


~ June 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Pilates 11:15 Yoga *NEW* 8:30-9:30 MELT	2 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking *NEW 3:00-4:00 Dance Free	3 8:15 Balletics 1:00 Mah Jong 	4 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Bridge	5 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	6
7	8 10:00 Pilates 11:15 Yoga 10:30 Vineyard Isle Parkinsonians Support Group 	9 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking 11:30-2:00 Blood Pressure Clinic *NEW* 1:00- 2:00 MELT *NEW 3:00-4:00 Dance Free	10 8:15 Balletics 1:00 Mah Jong 	11 8:30 & 9:30 Strength Training 12:30 Lunch 1: 00 Bridge	12 8:15 Balletics 10-2 Chair Massage Call 508-693-2896 for appointment! 10:30 Yoga 1:00-3:00 Water Color	13
14	15 *NEW* 8:30-9:30 MELT 10:00 Pilates 11:15 Yoga 	16 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking *NEW 3:00-4:00 Dance Free	17 8:15 Balletics 1:00 Mah Jong	18 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Bridge 	19 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color	20
21	22 10:00 Pilates 11:15 Yoga * MV Museum Presents: Butter Making on MV 1:30 PM *Pedi-Care Clinic* 508-693-2896	23 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking *NEW 3:00-4:00 Dance Free	24 8:15 Balletics 1:00 Mah Jong 10:30 Book Group <u>My Brilliant Friend</u> by Elena Ferrante	25 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Bridge 	26 8:15 Balletics 10-2 Chair Massage Call 508-693-2896 for appointment! 10:30 Yoga 1:00-3:00 Water Color	27
28	29 10:00 Pilates 11:15 Yoga *2:00-3:00 Birds of Prey on Martha's Vineyard 	30 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30 Rug Hooking *NEW* 1:00- 2:00 MELT *NEW 3:00-4:00 Dance Free	Notes: Felix Neck and The Audubon Society Presents: Birds of Prey on Martha's Vineyard. *Call 508-693-2896 to reserve your place. Thursday Contract Bridge- Contact Adriana Stadecker 508-645-2637 MELT Method- A simple self-treatment method that eliminates chronic pain, improves performance, and decreases stress.			

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:

"Beautiful- The Carole King Musical" at the
Providence Performing Arts Center

September 20th

****Waitlist room only****

August 14th Annual Howes House Cookout

September 14th Annual Lobster Picnic