

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Daylight Savings time is Nov. 5th! Remember to move your clocks back an hour!</p>		<p>1 8:15 Balletics 10:30 Yoga 1:00 Mah Jong</p>	<p>2 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p>3 8:15 Balletics 1:30 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Water Color</p>	4
5	<p>6 10:30 Yoga</p> 	<p>7 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free</p>	<p>8 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267</p>	<p>9 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p>10 CLOSED</p> 	11
12	<p>13 10:30 Yoga 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896</p> 	<p>14 8:30 & 9:30 Strength Training 9:30 Discussion BP & Wellness Clinic 11:00-1:00 11-1 FREE Reiki Clinic 11:15 Writing Group 1:30 Falls Prevention BINGO 1:30 MELT 3:00 Dance Free</p>	<p>15 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Falmouth Shopping Trip With Ellen</p>	<p>16 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>	<p>17 8:15 Balletics 1:30 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Water Color</p> 	18
19	<p>20 10:30 Yoga 1:30 MV Museum: Local Immigrants Now & Then Pedi Care Clinic 508-693-2896</p>	<p>21 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 1:00 MELT 3:00 Dance Free</p>	<p>22 8:15 Balletics 10:30 Yoga 1:00 Mah Jong</p>	<p>23 CLOSED</p>	<p>24 CLOSED</p> 	25
26	<p>27 10:30 Yoga 2:00 Felix Neck Presents: Animals in Winter</p> 	<p>28 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 1:00 MELT 3:00 Dance Free</p>	<p>29 8:15 Balletics 10:30 Yoga 1:00 Mah Jong</p>	<p>30 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong</p>		

Ongoing Services:

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

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

Chair Massage (On Hiatus)

Fridays 2:00-3:40

20 minute appointments \$20

Call to make your appointment!

Falmouth Shopping Trips with Ellen!

December 13th (Last trip before Spring)

Trips on hiatus until April

Reiki at Howes House

2nd Tuesday of every month!

Call for more info!

Upcoming Theater Trips!

February 3rd "On Your Feet"

Space limited, call to reserve your spot today!

MV Museum Presentations

3rd Monday of the month @ 1:30 (starting in October)