



| February 2018 |                                                                                                                                            |                                                                                                                                                                                                 |                                                                                                                                                                                                                   |                                                                                                                                                                                                             |                                                                                                                                                                                                                              |           |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| Sun           | Mon                                                                                                                                        | Tue                                                                                                                                                                                             | Wed                                                                                                                                                                                                               | Thu                                                                                                                                                                                                         | Fri                                                                                                                                                                                                                          | Sat       |
|               |                                                                                                                                            |                                                                                                                                                                                                 |                                                                                                                                                                                                                   | <b>1</b><br>8:30 & 9:30<br>Strength<br>Training<br><br>12:30 Lunch<br><br>1:30 Mah<br>Jong<br><br>4:00 MELT                                                                                                 | <b>2</b><br>8:15 Balletics<br><br>10-12 CHAIR MASSAGE!<br><br>1:00 Bridge Lessons<br>cminkiewicz@verizon.net<br><br>10:30 Yoga                                                                                               | <b>3</b>  |
| <b>4</b>      | <b>5</b><br>10:30 Yoga<br><br><b>2:00 "Be Antibiotics<br/> Aware"</b><br>Presentation with<br>MVH Pharmacy<br>director.                    | <b>6</b><br>8:30 & 9:30<br>Strength Training<br><br>9:30 Discussion<br><br>11:15 Writing<br>Group<br><br>3:00 Dance Free                                                                        | <b>7</b><br>8:15 Balletics<br><br>10:30 Yoga<br><br>1:00 Mah Jong<br><br>                                                       | <b>8</b><br>8:30 & 9:30<br>Strength<br>Training<br><br>12:30 Lunch<br><br>1:30 Mah<br>Jong                                                                                                                  | <b>9</b><br>8:15 Balletics<br><br>10-12 CHAIR MASSAGE!<br><br>1:00 Bridge Lessons<br>cminkiewicz@verizon.net<br><br>10:30 Yoga                                                                                               | <b>10</b> |
| <b>11</b>     | <b>12</b><br>10:30 Yoga<br><br>10:30<br>Vineyard Isle<br>Parkinsonians<br>Support Group<br>508-693-2896<br><br>1:30 MV Museum:<br>Quilting | <b>13</b><br>8:30 & 9:30<br>Strength Training<br><br>9:30 Discussion<br><br>11-1 Blood<br>Pressure Clinic<br><br>11-1 FREE<br>Reiki Clinic<br><br>11:15 Writing<br>Group<br><br>3:00 Dance Free | <b>14</b><br>8:15 Balletics<br><br>10:30 Yoga<br><br>1:00 Mah Jong<br><br>Patti Mello<br>Legal Clinic<br>(508)477-0267<br><br> | <b>15</b><br>8:30 & 9:30<br>Strength<br>Training<br><br>12:30 Lunch<br><br>1:30 Mah<br>Jong<br><br>4:00 MELT                                                                                                | <b>16</b><br>8:15 Balletics<br><br>10-12 CHAIR MASSAGE!<br><br>1:00 Bridge Lessons<br>cminkiewicz@verizon.net<br><br>10:30 Yoga<br><br> | <b>17</b> |
| <b>18</b>     | <b>19</b><br><br>OFFICE CLOSED<br><br>                  | <b>20</b><br>8:30 & 9:30<br>Strength Training<br><br>9:30 Discussion<br><br>11:15 Writing<br>Group<br><br>3:00 Dance Free                                                                       | <b>21</b><br>8:15 Balletics<br><br>10:30 Yoga<br><br>1:00 Mah Jong                                                                                                                                                | <b>22</b><br>8:30 & 9:30<br>Strength<br>Training<br><br>12:30 Lunch<br><br>1:30 Mah<br>Jong<br><br>4:00 MELT                                                                                                | <b>23</b><br>8:15 Balletics<br><br>10-12 CHAIR MASSAGE!<br><br>1:00 Bridge Lessons<br>cminkiewicz@verizon.net<br><br>10:30 Yoga                                                                                              | <b>24</b> |
| <b>25</b>     | <b>26</b><br>10:30 Yoga<br><br>Pedi Care Clinic<br>508-693-2896                                                                            | <b>27</b><br>8:30 & 9:30<br>Strength Training<br><br>9:30 Discussion<br><br>11:15 Writing<br>Group<br><br>3:00 Dance Free                                                                       | <b>28</b><br>8:15 Balletics<br><br>10:30 Yoga<br><br>1:00 Mah Jong                                                                                                                                                | <b>Council on Aging Hours</b><br><b>Monday-Friday</b><br><b>8:30 AM- 4:00 PM</b><br><br><b>(508)693-2896</b><br><br><b>1042 State Rd, West Tisbury</b><br><b>(Nestled between Alleys &amp; the Library)</b> |                                                                                                                                                                                                                              |           |

## 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)

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

### **BACK AND AT A NEW TIME! Chair Massage**

Fridays 10:00-12:00  
20 minute appointments \$20 (Cash only)  
Call to make your appointment!

### **Falmouth Shopping Trips with Ellen!**

\*\*Trips on hiatus until April\*\*

### **Reiki at Howes House**

2<sup>nd</sup> Tuesday of every month!  
Call for more info!

### **MV Museum Presentations**

3<sup>rd</sup> Monday of the month @ 1:30 (starting in October)

### **AARP Tax Prep**

Get help filing your taxes this year!  
Now Scheduling appointments for March 19<sup>th</sup> and 26<sup>th</sup>