



January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 CLOSED 	2 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 1-3 Tech Help w/Everett 3:00 Dance Free	3 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	4 8:30 & 9:30 Strength Training 12:30 Lunch 1-3 Tech Help w/Everett 1:30 Mah Jong	5 8:15 Balletics 10-12 CHAIR MASSAGE! 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga	6	
7	8 10:30 Yoga 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896	9 8:30 & 9:30 Strength Training 9:30 Discussion 11-1 FREE Reiki Clinic 11-1 Blood Pressure Clinic 11:15 Writing Group 3:00 Dance Free	10 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 3:30 MELT Patti Mello Legal Clinic (508)477-0267	11 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 	12 8:15 Balletics 10-12 CHAIR MASSAGE! 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 	13	
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21	22 10:30 Yoga 1:30 MV Museum: Lois Maillou Jones 	23 8:30 & 9:30 Strength Training 9:30 Discussion 12:30 Alzheimers Presentation & Lunch with Abe Seiman 508-693-2896 11:15 Writing Group 3:00 Dance Free	24 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	25 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 4:00 MELT	26 8:15 Balletics 10-12 CHAIR MASSAGE! 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 	27	
28	29 10:30 Yoga Pedi Care Clinic 508-693-2896 	30 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	31 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	Office Hours: Monday-Friday 8:30-4:00			

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.

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

2nd Tuesday of every month!

Call for more info!

Upcoming Theater Trips!

February 3rd "On Your Feet"

Tickets, round trip bus & lunch all for \$125

Space limited, call to reserve your spot today!

MV Museum Presentations

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

"Be Antibiotics Aware"

Monday, 2/5 at 2pm.

MV Hospital Director of Pharmacy, Dave Caron, will discuss the right way to use antibiotics.

Topics will include the difference between viral and bacterial infections, side effects of antibiotics, and antibiotic resistance. Free to the public.

Light refreshments. RSVP recommended.