



July 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30 Yoga 5:00 Qi Gong	3 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free!	4 OFFICE CLOSED 	5 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 2:00 Tech Help with Everett (appt. needed)	6 8:15 Balletics 9:30 Bridge 10-12 CHAIR MASSAGE! (appt. needed) 10:30 Yoga 1:00 Watercolor	7
8	9 10:30 Yoga 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 5:00 Qi Gong	10 8:30 & 9:30 Strength Training 9:30 Discussion 11:00-1:00 Blood Pressure & Wellness Clinic 11:15 Writing Group 3:00 Dance Free!	11 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	12 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 2:00 Tech Help with Everett (appt. needed)	13 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00- 3:00 Ellen's Retirement Party!!!	14
15	16 10:30 Yoga 5:00 Qi Gong 	17 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free!	18 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	19 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 2:00 Tech Help with Everett (appt. needed)	20 8:15 Balletics 9:30 Bridge 10-12 CHAIR MASSAGE! (appt. needed) 10:30 Yoga 1:00 Watercolor	21
22	23 10:30 Yoga Pedi-Care Clinic (appt. Needed) 5:00 Qi Gong	24 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free!	25 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	26 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 2:00 Tech Help with Everett (appt. needed)	27 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00 Watercolor	28
29	30 10:30 Yoga 5:00 Qi Gong	31 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free!	<u>Office Hours:</u> Monday-Friday 8:30am-4:00pm			

Our beloved Outreach Coordinator, Ellen Reynolds, has announced she will be retiring in July after 23 years of service. But don't worry, you will still find Ellen visiting farm stands, lying on the beach, taking her photographs, and spending time with her family. For those who are unable to visit Ellen before her last day in the office on June 15th, please join us on **Friday, July 13<sup>th</sup> from 1-3** for light refreshments and to wish Ellen well.



## 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.**

### Chair Massage

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

### Falmouth Shopping Trips!

On hiatus until September

### Reiki at Howes House

On hiatus until fall. Be sure to check back in!

### MV Museum Presentations

On hiatus until fall.

### Providence theater trip to see *Miss Saigon*

Saturday September 29<sup>th</sup> 2018

Call to reserve you spot!

### Annual Howes House Cookout

August 10<sup>th</sup> 11:30-1:30

Space limited, call to sign up!

### Annual Lobster Picninc in Menemsha

September 10<sup>th</sup> 12:00

Space Limited, call to sign up!!