

**March 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>Council on Aging Hours</u></p> <p>Monday-Friday 8:30 AM- 4:00 PM</p>			<p><b>1</b> 8:30 &amp; 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p><b>2</b> 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p>	<b>3</b>
<b>4</b>	<p><b>5</b> 10:30 Yoga</p> <p>12-2 Free Reiki Clinic</p> 	<p><b>6</b> 8:30 &amp; 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>3:00 Dance Free</p> <p>4:30 MELT</p>	<p><b>7</b> 8:15 Balletics</p> <p>10:30 Yoga *DVD</p> <p>1:00 Mah Jong</p> 	<p><b>8</b> 8:30 &amp; 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p><b>9</b> 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p>	<b>10</b>
<b>11</b>	<p><b>12</b> 10:30 Yoga</p> <p>10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896</p>	<p><b>13</b> 8:30 &amp; 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11-1 Blood Pressure Clinic</p> <p>11:15 Writing Group</p> <p>3:00 Dance Free</p> <p>4:30 MELT</p>	<p><b>14</b> 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> 	<p><b>15</b> 8:30 &amp; 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p><b>16</b> 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p> 	<b>17</b>
<b>18</b>	<p><b>19</b> 10:30 Yoga</p> <p>AARP Tax Assistance (Waitlist only)</p> <p>1:30 MV Museum: Feeding the Family Hunting, Fishing &amp; Foraging on MV</p>	<p><b>20</b> 8:30 &amp; 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>3:00 Dance Free</p> <p>4:30 MELT</p>	<p><b>21</b> 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> <p>Patti Mello Legal Clinic (508)477-0267</p>	<p><b>22</b> 8:30 &amp; 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p><b>23</b> 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p>	<b>24</b>
<b>25</b>	<p><b>26</b> 10:30 Yoga</p> <p>Pedicare Clinic</p> <p>AARP Tax Assistance (Waitlist only)</p>	<p><b>27</b> 8:30 &amp; 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>3:00 Dance Free</p> <p>4:30 MELT</p>	<p><b>28</b> 8:15 Balletics</p> <p>10:30 Yoga</p> <p>12:30 Free Lunch &amp; Alzheimers Presentation with Abe Seiman</p> <p>1:00 Mah Jong</p>	<p><b>29</b> 8:30 &amp; 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p> 	<p><b>30</b> 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p>	<b>31</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**

Every Month!

April 23<sup>rd</sup> 12:00-2:00

May 22<sup>nd</sup> 12:00-2:00

Call for more info!

### **MV Museum Presentations**

Monthly

### **SMILES Free Dental Clinic!**

**June 1<sup>st</sup>!**

Call to sign up and for more information

Upcoming TRIP!!!

**Museums of Cambridge**

May 30<sup>th</sup>. Call for details.