



August 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10:00 Gentle Pilates  11:15 Yoga  5:00 Qi Gong	<b>2</b> 8:30 & 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  3:00-4:00 Dance Free	<b>3</b> 8:15 Balletics  9:15 Tai Chi @ the Field Gallery  10:30 Yoga  1:00 Mah Jong	<b>4</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Scrabble  1:30 Bridge	<b>5</b> 8:15 Balletics  9:30 Bridge  10:30 Yoga  1:00-3:00 Water Color  <b>Chair Massage with Eclipse Massage</b> 508-693-2896	<b>6</b>
<b>7</b>	<b>8</b> 10:00 Gentle Pilates  <b>10:30 Vineyard Isle Parkinsonians Support Group</b> Call Ellen for info 508-693-2896  11:15 Yoga  5:00 Qi Gong	<b>9</b> 8:30 & 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  <b>BP &amp; Wellness Clinic</b> 11:00-1:00  3:00-4:00 Dance Free	<b>10</b> 8:15 Balletics  9:15 Tai Chi @ the Field Gallery  10:30 Yoga  1:00 Mah Jong  	<b>11</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Scrabble  1:30 Bridge	<b>12</b> 8:15 Balletics 9:30 Bridge 10:30 Yoga  <b>ANNUAL HOWES HOUSE COOKOUT</b> 12:00 (w aitlist only)  	<b>13</b>
<b>14</b>	<b>15</b> 10:00 Gentle Pilates  11:15 Yoga  5:00 Qi Gong	<b>16</b> 8:30 & 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  3:00-4:00 Dance Free	<b>17</b> 8:15 Balletics  9:15 Tai Chi @ the Field Gallery  10:30 Yoga  1:00 Mah Jong	<b>18</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Scrabble  1:30 Bridge	<b>19</b> 8:15 Balletics  9:30 Bridge  10:30 Yoga  <b>Chair Massage with Eclipse Massage</b> 508-693-2896	<b>20</b>
<b>21</b>	<b>22</b> 9:30 MELT 10:00 Gentle Pilates  11:15 Yoga  5:00 Qi Gong  <b>Pedi Care Clinic</b> 508-693-2896	<b>23</b> 8:30 & 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  3:00-4:00 Dance Free	<b>24</b> 8:15 Balletics  9:15 Tai Chi @ the Field Gallery  10:30 Yoga  1:00 Mah Jong	<b>25</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:00 Scrabble  1:30 Bridge	<b>26</b> 8:15 Balletics  9:30 Bridge 10:30 Yoga  1:00-3:00 Water Color  	<b>27</b>
<b>28</b>	<b>29</b> 10:00 Gentle Pilates  11:15 Yoga  5:00 Qi Gong  	<b>30</b> 8:30 & 9:30 Strength Training  9:30 Discussion Group  10:00 Writing Group  3:00-4:00 Dance Free	<b>31</b> 8:15 Balletics  9:15 Tai Chi @ the Field Gallery  10:30 Yoga  1:00 Mah Jong	<b>Notes :</b> 		

## Ongoing Services:

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

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

-MV Museums Presentations on hiatus for July and August. They will resume in September.

-Thursday afternoon bridge is on hiatus for the month of August!

-Annual Lobster Picnic in Menemsha-  
September 12th

Pre-registration required as space is limited!