

March 2017						
	Mon	Tue	Wed	Thu	Fri	
			1 8:15 Balletics 9:00 AARP Tax Prep 508-693-2896 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong 2:00-4:00 Chair Massage 508-693-2896	2 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 	3 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-4:00 Chair Massage 508-693-2896	4
5	6 10:00 Pilates 11:15 Yoga 	7 8:30 & 9:30 Strength Training 9:30 Discussion 1:00 MELT 3:00 Dance Free	8 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 10:45 Balance Workshop with Kanta 1:00 Mah Jong 2:00-4:00 Chair Massage 508-693-2896 Patti Mello Legal Clinic (508)477-0267	9 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 	10 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-4:00 Chair Massage 508-693-2896	11
12	13 10:00 Pilates 10:00 My Life My Health 508-693-2896 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 11:15 Yoga	14 8:30 & 9:30 Strength Training 9:30 Discussion BP & Wellness Clinic 11:00-1:00 1:00 MELT 3:00 Dance Free 	15 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong 2:00-4:00 Chair Massage 508-693-2896 	16 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong	17 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-4:00 Chair Massage 508-693-2896	18
19	20 10:00 Pilates 10:00 My Life My Health 508-693-2896 11:15 Yoga 1:30 MV Museum: Hollywood & Broadway	21 8:30 & 9:30 Strength Training 9:30 Discussion 1:00 MELT 3:00 Dance Free 	22 8:15 Balletics 10:00 Rug Hooking 10:00 Memoir Writing 508-693-2896 10:30 Yoga 1:00 Mah Jong 2:00-4:00 Chair Massage 508-693-2896	23 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong	24 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-4:00 Chair Massage 508-693-2896 	25
26	27 10:00 Pilates 10:00 My Life My Health 508-693-2896 11:15 Yoga Pedi-Care 508-693-2896	28 8:30 & 9:30 Strength Training 9:30 Discussion 3:00 Dance Free 	29 8:15 Balletics 10:00 Rug Hooking 10:00 Memoir Writing 508-693-2896 9:00 AARP Tax Prep 508-693-2896 10:30 Yoga 1:00 Mah Jong 2:00-4:00 Chair Massage 508-693-2896	30 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 	31 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-4:00 Chair Massage 508-693-2896	

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.

MV Museum Presentations are held at the Howes House typically on the 3rd Monday of every month!



Chair Massage has returned! Fridays & Wednesdays 2:00-4:00
Call to make your appointment!

Memoir Writing with Moira Silva has returned!
4 Wednesdays, March 22nd –April 12th, 10:00 -11:30
\$25. Pre-registration required



“My Life My Health” 6 session class!
MV Partnership for Health is providing this program on chronic disease self-management. Wednesdays March 1st –April 17th from 10:00-12:30
Pre registration require, 508-939-9358 ext 114

Massage and Balance Workshop Series with Kanta Lipsky
11:45 am

March 8th Balance workshop, a combination of Tai Chi and stretching
April 12th Giving and receiving shoulder massage workshop

*Workshops will begin with a light lunch of soup and bread.
Space limited to 20. Please RSVP at 508-693-2896.

This series is free and made possible by the MA Board of Library Commissioners LSTA Grant, the West Tisbury Library Foundation, and the Friends of the West Tisbury Library.

The Massachusetts Senior Medicare Patrol Program Presents:



Protect Yourself From Medicare Fraud!

Tuesday, April 11th, 2pm.

Participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. Light refreshments. Pre-registration requested.

SMILES DENTAL CLINIC June 16th 2017

Free dental cleanings available to qualified candidates.

Call for more information and sign up

