

April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
April showers bring May flowers						1
2	3 10:00 Pilates 10:00 My Life My Health 508-693-2896 11:15 Yoga 	4 8:30 & 9:30 Strength Training 9:30 Discussion 3:00 Dance Free	5 8:15 Balletics 10:00 Rug Hooking 10:00 Memoir Writing 508-693-2896 10:30 Yoga 1:00 Mah Jong	6 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong	7 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 1:00-3:00 Bridge Lessons 508-693-2896 2:00-4:00 Chair Massage 508-693-2896	8
9	10 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	11 8:30 & 9:30 Strength Training 9:30 Discussion BP & Wellness Clinic 11:00-1:00 2:00 Medicare Patrol 3:00 Dance Free	12 8:15 Balletics 10:00 Rug Hooking 10:00 Memoir Writing 508-693-2896 10:30 Yoga 11:45 Massage Workshop with Kanta Lipsky 1:00 Mah Jong	13 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 	14 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 1:00-3:00 Bridge Lessons 508-693-2896 2:00-4:00 Chair Massage 508-693-2896	15
16	17 10:00 My Life My Health 508-693-2896 OFFICE CLOSED 	18 8:30 & 9:30 Strength Training 9:30 Discussion 3:00 Dance Free	19 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong Falmouth Shopping Trip with Ellen 508-693-2896	20 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong	21 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 1:00-3:00 Bridge Lessons 508-693-2896 2:00-4:00 Chair Massage 508-693-2896	22
23	24 10:00 Pilates 11:15 Yoga 1:30 MV Museum: Weathervanes Pedi Care Clinic	25 8:30 & 9:30 Strength Training 9:30 Discussion 3:00 Dance Free	26 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	27 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong	28 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 1:00-3:00 Bridge Lessons 508-693-2896 2:00-4:00 Chair Massage 508-693-2896	29
30	 <div style="float: right; text-align: right;"> EARTH DAY 22APRIL  </div>					

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 2:00-4:00
Call to make your appointment!

Writing Group returns Tuesdays in MAY!

Falmouth Shopping Trips with Ellen!
April 19th & May 24th
508-693-2896 to sign up



May 8th 2:00pm Felix Neck Presents MV Sealife

May 16th Lunch & Live Music with Jon Harris

Music @ 12:00 Lunch @ 12:30

Pre registration required!



SMILES DENTAL CLINIC June 16th 2017

Free dental cleanings available to qualified candidates.

Call for more information and sign up