

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	2 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 1:30 Bridge	3 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-4:00 Chair Massage with Ellen of MV Bodyworks 508-693-2896	4
5	6 10:00 Gentle Pilates 11:15 Yoga 5:00 Qi Gong 	7 8:30 & 9:30 Strength Training 9:30 Discussion 11:00 Writing Group 1:00 MELT Sign up required 3:00 Dance Free	8 8:15 Balletics 10:30 Yoga 11:45 Hand Massage workshop with Kanta Lipsky 508-693-2896 to sign up. 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	9 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 1:30 Bridge 	10 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-4:00 Chair Massage with Ellen of MV Bodyworks 508-693-2896	11
12	13 10:00 Gentle Pilates 10:30 Vineyard Isle Parkinsonians Support Group Call Ellen for info 508-693-2896 11:15 Yoga 5:00 Qi Gong	14 8:30 & 9:30 Strength Training 9:30 Discussion BP & Wellness Clinic 11:00-1:00 11:00 Writing Group 1:00 MELT Sign up required 3:00 Dance Free	15 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	16 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 1:30 Bridge 	17 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-4:00 Chair Massage with Ellen of MV Bodyworks 508-693-2896	18
19	20 Office Closed 	21 8:30 & 9:30 Strength Training 9:30 Discussion 11:00 Writing Group 1:00 MELT Sign up required 3:00 Dance Free	22 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	23 8:30 & 9:30 Strength Training 12:30 Lunch 1:00 Mah Jong 1:30 Bridge	24 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-4:00 Chair Massage with Ellen of MV Bodyworks 508-693-2896	25
26	27 10:00 Pilates 11:15 Yoga 1:30 MV Museum Presents: For the Love of Kids-Old Toys & Games 5:00 Qi Gong Pedi-Care Clinic 508-693-2896	28 8:30 & 9:30 Strength Training 9:30 Discussion 11:00 Writing Group 1:00 MELT Sign up required 3:00 Dance Free	Massage & Balance Workshop Series with Kanta Lipsky 11:45 am.- 12:45pm Wed. 2/8 Giving and receiving hand massage workshop Wed. 3/8 Balance workshop, a combination of Tai Chi and stretching Wed. 4/12 Giving and receiving shoulder massage workshop *Space Limited. RSVP @ 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.			

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 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 508-693-2896

42nd Street at Providence Performing Arts Center.
Saturday March 25th, 2017.
Call 508-693-2896 for more info & sign up.

Massage and Balance Workshop Series with Kanta Lipsky

11:45 am.- 12:45pm

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

Join Kanta after her 10:30 am yoga class for these interactive workshops.

*Workshops will be followed by a light lunch of soup and bread.

Space limited to 20. Please RSVP for lunch at 508-693-2896.

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AARP Tax Prep Assistance

We are currently making appointments for March 1st and March 29th

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.