



February 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong  4:00 MELT	<b>2</b> 8:15 Balletics  10-12 CHAIR MASSAGE!  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga	<b>3</b>
<b>4</b>	<b>5</b> 10:30 Yoga  <b>2:00 "Be Antibiotics            Aware"</b> Presentation with MVH Pharmacy director.	<b>6</b> 8:30 & 9:30 Strength Training  9:30 Discussion  <b>11:15 Writing            Group</b>  <b>3:00 Dance Free</b>	<b>7</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  	<b>8</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong	<b>9</b> 8:15 Balletics  10-12 CHAIR MASSAGE!  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga	<b>10</b>
<b>11</b>	<b>12</b> 10:30 Yoga  10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896  <b>1:30 MV Museum:            Quilting</b>	<b>13</b> 8:30 & 9:30 Strength Training  9:30 Discussion  <b>11-1 Blood            Pressure Clinic</b>  <b>11-1 FREE            Reiki Clinic</b>  <b>11:15 Writing            Group</b>  <b>3:00 Dance Free</b>	<b>14</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  <b>Patti Mello            Legal Clinic            (508)477-0267</b>  	<b>15</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong  <b>4:00 MELT</b>	<b>16</b> 8:15 Balletics  10-12 CHAIR MASSAGE!  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga  	<b>17</b>
<b>18</b>	<b>19</b>  <b>OFFICE CLOSED</b>  	<b>20</b> 8:30 & 9:30 Strength Training  9:30 Discussion  <b>11:15 Writing            Group</b>  <b>3:00 Dance Free</b>	<b>21</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	<b>22</b> 8:30 & 9:30 Strength Training  12:30 Lunch  1:30 Mah Jong  <b>4:00 MELT</b>	<b>23</b> 8:15 Balletics  10-12 CHAIR MASSAGE!  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga	<b>24</b>
<b>25</b>	<b>26</b> 10:30 Yoga  <b>Pedi Care Clinic            508-693-2896</b>	<b>27</b> 8:30 & 9:30 Strength Training  9:30 Discussion  <b>11:15 Writing            Group</b>  <b>3:00 Dance Free</b>	<b>28</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	<b>Council on Aging Hours</b> <b>Monday-Friday</b> <b>8:30 AM- 4:00 PM</b>  <b>(508)693-2896</b>  <b>1042 State Rd, West Tisbury</b> <b>(Nestled between Alleys &amp; the Library)</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**

2<sup>nd</sup> Tuesday of every month!  
Call for more info!

### **MV Museum Presentations**

3<sup>rd</sup> Monday of the month @ 1:30 (starting in October)

### **AARP Tax Prep**

Get help filing your taxes this year!  
Now Scheduling appointments for March 19<sup>th</sup> and 26<sup>th</sup>