



## January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b>  <b>CLOSED</b>  	<b>2</b> <del>8:30 &amp; 9:30</del> <b>Strength Training</b>  9:30 Discussion  <b>11:15 Writing Group</b>  1-3 Tech Help w/Everett  3:00 Dance Free	<b>3</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  	<b>4</b> <del>8:30 &amp; 9:30</del> <b>Strength Training</b>  12:30 Lunch  1-3 Tech Help w/Everett  1:30 Mah Jong	<b>5</b> 8:15 Balletics  <b>10-12 CHAIR MASSAGE!</b>  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga	<b>6</b>	
<b>7</b>	<b>8</b> 10:30 Yoga  10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896	<b>9</b> 8:30 & 9:30 <b>Strength Training</b>  9:30 Discussion  <b>11-1 FREE Reiki Clinic</b> <b>11-1 Blood Pressure Clinic</b> <b>11:15 Writing Group</b>  3:00 Dance Free	<b>10</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong <b>3:30 MELT</b> Patti Mello Legal Clinic (508)477-0267	<b>11</b> 8:30 & 9:30 <b>Strength Training</b>  12:30 Lunch  1:30 Mah Jong  	<b>12</b> 8:15 Balletics  <b>10-12 CHAIR MASSAGE!</b>  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga  	<b>13</b>	
<b>14</b>	<b>15</b>  <b>CLOSED</b>  	<b>16</b> 8:30 & 9:30 <b>Strength Training</b>  9:30 Discussion  <b>11:15 Writing Group</b>  3:00 Dance Free	<b>17</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	<b>18</b> 8:30 & 9:30 <b>Strength Training</b>  12:30 Lunch  1:30 Mah Jong	<b>19</b> 8:15 Balletics  <b>10-12 CHAIR MASSAGE!</b>  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga	<b>20</b>	
<b>21</b>	<b>22</b> 10:30 Yoga  1:30 MV Museum: Lois Maillou Jones  	<b>23</b> 8:30 & 9:30 <b>Strength Training</b>  9:30 Discussion  <b>12:30 Alzheimers Presentation &amp; Lunch with Abe Seiman</b> <b>508-693-2896</b>  <b>11:15 Writing Group</b>  3:00 Dance Free	<b>24</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong  	<b>25</b> 8:30 & 9:30 <b>Strength Training</b>  12:30 Lunch  1:30 Mah Jong  <b>4:00 MELT</b>	<b>26</b> 8:15 Balletics  <b>10-12 CHAIR MASSAGE!</b>  1:00 Bridge Lessons cminkiewicz@verizon.net  10:30 Yoga  	<b>27</b>	
<b>28</b>	<b>29</b> 10:30 Yoga  <b>Pedi Care Clinic</b> <b>508-693-2896</b>  	<b>30</b> 8:30 & 9:30 <b>Strength Training</b>  9:30 Discussion  <b>11:15 Writing Group</b>  3:00 Dance Free	<b>31</b> 8:15 Balletics  10:30 Yoga  1:00 Mah Jong	<b>Office Hours:</b> <b>Monday-Friday</b> <b>8:30-4:00</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!

### **Upcoming Theater Trips!**

**February 3<sup>rd</sup> "On Your Feet"**

Tickets, round trip bus & lunch all for \$125

Space limited, call to reserve your spot today!

### **MV Museum Presentations**

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

### **"Be Antibiotics Aware"**

**Monday, 2/5 at 2pm.**

MV Hospital Director of Pharmacy, Dave Caron, will discuss the right way to use antibiotics.

Topics will include the difference between viral and bacterial infections, side effects of antibiotics, and antibiotic resistance. Free to the public.

Light refreshments. RSVP recommended.