



July 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 10:30 Yoga 	4 Office Closed 	5 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong	6 8:30 & 9:30 & 10:30 Strength Training 12:30 Lunch 1:30 Mah Jong	7 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896 	8
9	10 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 10:30 Yoga 	11 8:30 & 9:30 & 10:30 Strength Training 9:30 Discussion 11:00 Writing Group BP & Wellness Clinic 11:00-1:00 3:00 Dance Free	12 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	13 8:30 & 9:30 & 10:30 Strength Training 12:30 Lunch 1:30 Mah Jong 	14 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896 	15
16	17 10:30 Yoga 	18 8:30 & 9:30 & 10:30 Strength Training 9:30 Discussion 11:00 Writing Group 3:00 Dance Free 	19 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong	20 8:30 & 9:30 & 10:30 Strength Training 12:30 Lunch 1:30 Mah Jong	21 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896 	22
23	24 10:30 Yoga Pedi Care Clinic Call for appointment! 	25 8:30 & 9:30 & 10:30 Strength Training 9:30 Discussion 11:00 Writing Group 3:00 Dance Free	26 8:15 Balletics 10:00 Rug Hooking 10:30 Yoga 1:00 Mah Jong	27 8:30 & 9:30 & 10:30 Strength Training 12:30 Lunch 1:30 Mah Jong	28 8:15 Balletics 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896  	29
30	31 10:30 Yoga 					

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.

MV Museum Presentations are on hiatus until September.

Chair Massage

Fridays 2:00-3:40

20 minute appointments \$20

Call to make your appointment!

Falmouth Shopping Trips with Ellen!

On Summer Hiatus for June, July & August

Annual Howes House Cookout

August 11th 12:00

Free food and live music!

***Space is Limited, call to reserve your spot!**

Annual Lobster Picnic in Menemsha

September 11th 12:00

Lobster roll, chowder, potato chips, lemonade, ice cream.

Food provided by The Menemsha Galley. Price TBD

***Space is limited, call to reserve your spot!**

Coming in October!

Reiki at Howes House

2nd Tuesday of every month!

Call for more info!