

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>Council on Aging Hours</u></p> <p>Monday-Friday 8:30 AM- 4:00 PM</p>			<p>1 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>2 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p>	3
4	<p>5 10:30 Yoga</p> <p>12-2 Free Reiki Clinic</p> 	<p>6 8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>3:00 Dance Free</p> <p>4:30 MELT</p>	<p>7 8:15 Balletics</p> <p>10:30 Yoga *DVD</p> <p>1:00 Mah Jong</p> 	<p>8 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>9 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p>	10
11	<p>12 10:30 Yoga</p> <p>10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896</p>	<p>13 8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11-1 Blood Pressure Clinic</p> <p>11:15 Writing Group</p> <p>3:00 Dance Free</p> <p>4:30 MELT</p>	<p>14 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267</p> 	<p>15 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>16 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p> 	17
18	<p>19 10:30 Yoga</p> <p>AARP Tax Assistance (Waitlist only)</p> <p>1:30 MV Museum: Feeding the Family Hunting, Fishing & Foraging on MV</p>	<p>20 8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>3:00 Dance Free</p> <p>4:30 MELT</p>	<p>21 8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p>	<p>22 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>23 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p>	24
25	<p>26 10:30 Yoga</p> <p>Pedicare Clinic</p> <p>AARP Tax Assistance (Waitlist only)</p>	<p>27 8:30 & 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>3:00 Dance Free</p> <p>4:30 MELT</p>	<p>28 8:15 Balletics</p> <p>10:30 Yoga</p> <p>12:30 Free Lunch & Alzheimers Presentation with Abe Seiman</p> <p>1:00 Mah Jong</p>	<p>29 8:30 & 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p> 	<p>30 8:15 Balletics</p> <p>10-12 CHAIR MASSAGE!</p> <p>1:00 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p>	31

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.

***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

Every Month!

April 23rd 12:00-2:00

May 22nd 12:00-2:00

Call for more info!

MV Museum Presentations

Monthly

SMILES Free Dental Clinic!

June 1st!

Call to sign up and for more information

Upcoming TRIP!!!

Museums of Cambridge

May 30th. Call for details.