

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2</p> <p>10:30 Yoga</p> 	<p>3</p> <p>8:30 &amp; 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>1:00 MELT</p> <p>3:00 Dance Free</p>	<p>4</p> <p>8:15 Balletics</p> <p><del>10:30 Yoga</del></p> <p>1:00 Mah Jong</p> 	<p>5</p> <p>8:30 &amp; 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p> <p><b>Boston Harbor Cruise (Waitlist only)</b></p>	<p>6</p> <p>8:15 Balletics</p> <p>1:30 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p> <p>1:00-3:00 Water Color</p>	7
8	<p>9</p> <p><b>OFFICE CLOSED</b></p>	<p>10</p> <p>8:30 &amp; 9:30 Strength Training</p> <p>9:30 Discussion</p> <p><b>BP &amp; Wellness Clinic 11:00-1:00</b></p> <p><b>11-1 Reiki</b></p> <p>11:15 Writing Group</p> <p>1:30-2:00 Falls Prevention BINGO</p> <p>3:00 Dance Free</p>	<p>11</p> <p>8:15 Balletics</p> <p><del>10:30 Yoga</del></p> <p>1:00 Mah Jong</p> <p>Patti Mello Legal Clinic (508)477-0267</p>	<p>12</p> <p>8:30 &amp; 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p> 	<p>13</p> <p>8:15 Balletics</p> <p>1:30 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p> <p>1:00-3:00 Water Color</p> <p><b>SMILES DENTAL CLINIC (FREE) 508-693-2896</b></p>	14
15	<p>16</p> <p>10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896</p> <p>10:30 Yoga</p>	<p>17</p> <p>8:30 &amp; 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>3:00 Dance Free</p>	<p>18</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> 	<p>19</p> <p>8:30 &amp; 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>20</p> <p>8:15 Balletics</p> <p>1:30 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p> <p>1:00-3:00 Water Color</p>	21
22	<p>23</p> <p>10:30 Yoga</p> <p>1:30 MV Museum: Art &amp; Poetry of Dan Water</p> <p><b>Pedi Care Clinic 508-693-2896</b></p>	<p>24</p> <p>8:30 &amp; 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>1:00 MELT</p> <p>3:00 Dance Free</p>	<p>25</p> <p>8:15 Balletics</p> <p>10:30 Yoga</p> <p>1:00 Mah Jong</p> <p>Falmouth Shopping Trip with Ellen</p>	<p>26</p> <p>8:30 &amp; 9:30 Strength Training</p> <p>12:30 Lunch</p> <p>1:30 Mah Jong</p>	<p>27</p> <p>8:15 Balletics</p> <p>1:30 Bridge Lessons cminkiewicz@verizon.net</p> <p>10:30 Yoga</p> <p>1:00-3:00 Water Color</p> 	28
29	<p>30</p> <p>10:30 Yoga</p> 	<p>31</p> <p>8:30 &amp; 9:30 Strength Training</p> <p>9:30 Discussion</p> <p>11:15 Writing Group</p> <p>1:00 MELT</p>				

## 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.**

### **Chair Massage ( On Hiatus)**

Fridays 2:00-3:40

20 minute appointments \$20

Call to make your appointment!

### **Falmouth Shopping Trips with Ellen!**

October 25<sup>th</sup>

### **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"**

**March 18<sup>th</sup> "An American in Paris"**

Please give us a call. Trips running based on amount of interest!

### **MV Museum Presentations**

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