



DAY TRIPS

Let us know where you want to go! Currently, we have trips to Boston Symphony Hall scheduled, to hear the Boston Symphony Orchestra. *Music, Music Music!* It's soooo easy. No driving, parking, ticketing worry. Relax and Enjoy. This Spring: Enjoy a train ride through scenic Cape Cod including a served in the dining car. More details next month. *And*, Tisbury Travel Club BSO Fall A Subscribers, don't forget to mark your new calendars with our next trip to Symphony Hall on Friday, January 13. We have a substitute list for those of you who would like a call or email regarding available seating. Call us at the phone number below (green area) if you are interested.

Lunch!

Good nutrition, exercise, staying socially connected and an upbeat attitude all support living well in our senior years. Do you know that the Tisbury Senior Center serves lunch at 12 Noon Monday-Friday? There is a suggested donation of \$3. It has been said that we live better, longer and healthier (they are all related, aren't they!) when we enjoy our larger meal at noontime and a lighter meal later in the day. That timing allows our bodies to restore during sleep time. Here is a sampling of December's menu to be served at 12 Noon daily:

Yankee Pot Roast, Whipped Potatoes, Veggies, Fresh Apple, Multi Grain Bread

Chicken Oscar with Lump Crab Meat, Fresh Asparagus & Hollandaise, Frosted Ginger Cake, Whole Grain Bread

Chicken Fettucine Alfredo, Veggies, Peaches, Breadstick

Ham & Swiss on Croissant w/mustard, Sweet Potato Wedge, Broccoli, Mixed Fruit

More: Veggie Lasagna/Chick Pea & Veggies..Angus Flank Steak A-1 Mushroom Demi..Herb Roast Chicken, Fish Cake..

★ Reservations must be made at least 2 business days in advance at 508-693-8337 ★

Bring a Friend! No dishes to wash, groceries to get, interesting conversation, why not!

Tisbury Senior Center 34 Pine Tree Road Vineyard Haven, MA 02568

508-696-4205, 8:30-4:30, M-F

jstiles-tucker@tisburyma.gov

swhitworth@tisburyma.gov

Staff

Joyce Stiles Tucker, Director

Sandra Whitworth, Activities Director

Audrey Tilton, Companion

Chip Bergeron, affable guy at the front desk who smiles and answers all questions ☺

Board of Directors

Connie Teixeira, Chair

Bruce Doten, Vice Chair

Kenneth Gross

Donald Rose

Sandra Pratt

Tisbury Senior Center

34 Pine Tree Road

Vineyard Haven, MA 02568



December 2016

Tisbury Eye By Ginger Martin-Duarte

Helloooooo Tisbury!!!!!! One holiday down and three to go: Merry Christmas, Happy Hanukkah and New Year's Eve (2017 Come on Down!!!) Hope your Thanksgiving was turkey and all the trimmings. David Duarte and Eye pigged out (oink) at the Black Dog Café and it was To Die For. Only \$40 per and Five Star ratings by all. Eye didn't know about it 'til after my Nov. newsletter deadline or you'd have had a "heads up" in the column. There were 3 seatings (12-2-4) and there was a crush and major chowing-down at every table. Get your rez in early next year.

The Winter Solstice: According to the Farmer's Almanac, the first day of winter 2016/17 takes place on Wednesday, December 21st at 5:44 am. It's the day with the fewest hours of sunlight in the whole year. To quote Steve Martin, "A day without sunshine is like, you know, night." ... *Anyhoo, the winter solstice brings to mind, "Will we have a mild winter OR a hard winter???" Eye's late best friend (in Twitterland called "bestie.") Betty Honey always avowed that an abundance of acorns foretold a hard winter. And one never contradicted Betty Honey LOL! David and I have seen very few, if any, acorns on our walks this year so Eye decided to look up the 20 signs of a hard winter in the Farmer's Almanac:* 1. Thicker than normal corn husks. 2. Woodpeckers sharing a tree. 3. Early arrival of the Snowy owl. 4. Early departure of geese and ducks. 5. Early migration of the Monarch butterfly. 6. Thick hair on the nape of a cow's neck. 7. Heavy and numerous fogs during August. 8. Raccoons with thick tails and bright bands. 9. Mice eating ravenously in the home. 10. Early arrival of crickets on the hearth. 11. Spiders spinning larger than usual webs and entering the house in great numbers. 12. Pigs gathering sticks. 13. Insects marching in a line rather than meandering. 14. Early seclusion of bees within the hive. 15. Unusual abundance of acorns (and larger acorns). 16. Muskrats burrowing holes high on the river bank. 17. "See how high the hornet's nest, 'twill tell how high the snow will rest." 18. Narrow orange band in the middle of the Woollybear caterpillar warns of heavy snow; fat and fuzzy caterpillars presage bitter cold. 19. The squirrel gathers nuts early to fortify against a hard winter. 20. Frequent halos or rings around the Sun or Moon forecast numerous snow falls. (So check out the critters and get out your goose down comforters, folks—or not!)

Social Media for Beginners: During our weekly perusal of the Times and Gazette calendar sections we noted an item listed, **Social Media for Beginners** being offered by the West Tisbury Library providing help for social media beginners with Rachel Rooney as follows: "Keep in touch with family and friends, access online groups and learn to use social media for research and entertainment. Schedule an appointment at 508-693-3366 or email rooney@clamsnet.org. Drop-ins on Fridays 11-1 welcome. Bring your mobile device, smartphone, tablet, etc. and let's get started with that new online profile. Free." Eye knows a little bit but not enough about navigating the social media. (Only enough to get us in trouble!) It's never too late to get started folks! ***** Wow. Sounds good. Think we'll follow up on this one and get our **creds on tweeting—it will come in handy during the coming 4 years folks as the Donald is hooked on 2 am tweeting.**

