

Tisbury Senior Center Activities Calendar

APRIL 2020



Pine Tree Road, VH

8:30 am-4:30 pm

508-696-4205

Special Events, Services, Supports

Due to Covid-19 Virus
CONCERNS: WE ARE
CLOSED UNTIL FURTHER
NOTICE.
Stay Home, Stay Safe!

MONDAY See Services & Supports Special Events & Day Trips on back of this page	DO THE FIVE: HANDS Wash often ELBOW Cough into it FACE Don't Touch It SPACE Keep Safe Distance HOME Stay if you can	WEDNESDAY Play Readers 9:00 (see back for details) Ukulele Players 1-3 New or Practiced, Sing! Tap Dance wCarol 3:15	THURSDAY Fitness with Catie 10 Balance/Fall Prevention Gentle Kripalu Yoga 4:00 with Carol Vega, instructor/guide (currently on break)	FRIDAY Color a Mandala 10:45 Color pencils and sturdy paper provided) Party Bridge 1:00 Call Trudy for seating: 508-627-6719
6 Creative Painting 10:00 Knitting 9:30 Duplicate Bridge 1:15	7 Fitness with Catie 9:30 Balance/Fall Prevention 4 Kings Card Game 1:15 Learn how to play this fun and easy game (see information on back) AMSR Kundalini Yoga 3:15 with Steve Power (see information on back)	8 Play Readers 9:00 (see back for details) Ukulele Players 1-3 New or Practiced, Sing! Tap Dance 3:15 with Carol Magee Free. Wear tap or hard sole shoes	9 Fitness with Catie 10 Balance/Fall Prevention Movie PAVAROTTI 1:30 Gala in Italy. See information on back Gentle Kripalu Yoga 4:00 with Carol Vega, instruct/guide. On break	10 Color a Mandala 10:45 Color pencils and sturdy paper provided) Party Bridge 1:00 Call Trudy for seating: 508-627-6719
13 Knitting 9:30 Duplicate Bridge 1:15	14 Fitness with Catie 9:30 Balance/Fall Prevention 4 Kings Card Game 1:15 Learn how to play this fun and easy game (see information on back) AMSR Kundalini Yoga 3:15 with Steve Power (see information on back)	15 Play Readers 9:00 (see back for details) Ukulele Players 1-3 New or Practiced, Sing! Tap Dance 3:15 with Carol Magee Free. Wear tap or	16 Fitness with Catie 10 Balance/Fall Prevention Movie STOLEN 1:30 Information on back Gentle Kripalu Yoga 4 with Carol Vega, instructor/guide (currently on break)	17 Color a Mandala 10:45 Color pencils and sturdy paper provided) Party Bridge 1:00 Call Trudy for seating: 508-627-6719
20 Knitting 9:30 Duplicate Bridge 1:15	21 Fitness with Catie 9:30 Balance/Fall Prevention 4 Kings Card Game 1:15 Learn how to play this fun and easy game (see information on back) AMSR Kundalini Yoga 3:15 with Steve Power	22 Play Readers 9:00 (see back for details) Ukulele Players 1-3 New or Practiced, Sing! Tap Dance 3:15 with Carol Magee Free. Wear tap or	23 Fitness with Catie 10 Balance/ Fall Prevention Gentle Kripalu Yoga 4:00 with Carol Vega, instructor/guide (currently on break)	24 Color a Mandala 10:45 Color pencils and sturdy paper provided) Party Bridge 1:00 Call Trudy for seating: 508-627-6719
27 Knitting 9:30 Duplicate Bridge 1:15	28 Fitness with Catie 9:30 Balance/Fall Prevention 4 Kings Card Game 1:15 Learn how to play this fun and easy game (see information on back) AMSR Kundalini Yoga 3:15 with Steve Power	29 Play Readers 9:00 (see back for details) Ukulele Players 1-3 New or Practiced, Sing! Tap Dance 3:15 with Carol Magee Free. Wear tap or hard sole shoes	30 Fitness with Catie 10 Balance/ Fall Prevention Movie/Popcorn 1:30 (see information on back) Gentle Kripalu Yoga 4:00 with Carol Vega, instructor/guide (see information on back)	While we stay Home: Read a book Make a photo album Plant flower seeds Call some friends Make plans for future Clear out old stuff

APRIL 2020

Services & Supports at Tisbury Senior Center

All Events and Classes are
on hold until the current
virus epidemic is over.
Be safe Stay Home.

Health Screening April 7, 10-11 am

Diabetes Support Group April 20, 1-2 pm Call 508-696-4205

Food Distribution April 20, 10-12 Noon

S.H.I.N.E. (serving health insurance needs of everyone) With counselor Joann Murphy.
Call 508-696-4205 for appointment.

Hearing Services /Miracle Ear To schedule an appointment at senior center, call: 508-457-9285

Reassurance Calls For seniors who would like the reassurance of a daily call.

New, Spotlight & Special Events at the Tisbury Senior Center

Tisbury Senior Bowling and Lunch at Bowl, Barn, Bistro- 1st Mondays monthly, except July/August, from 11:30 am-1:30 pm. It's a lot of fun! Join us! (Play at your own comfortable level) Deadline for registration is 10:30 am, day of event. Register: Call 508-696-4205, M-F, 8:30-4:30.

4 Kings in a Corner Card Game Tuesdays, 1:15 pm. This game is FUN! Play it with friends or with your grandchildren. Don't know how to play? Learn on Tuesdays at 1:15 pm. It's easy and reminiscent of solitaire except 'Kings Corner' is a multi player game. Players attempt to get rid of cards from their hand by playing them to piles of alternating red and black cards. Have grandchildren? Learn and teach them! (It is easy and better yet, fun!) Let us know if you are coming.

Kundalini Yoga with Steve Power Tuesdays, 3:15 pm. Kundalini is the original AMSR. Become the self you are meant to be. Learn what the yogis have known for thousands of years, implement this practice into your daily life and experience true calmness of the mind. Peace. All welcome. Good Will.

Gentle Yoga with Carol Vega 4:00 pm. Rejuvenate! Stretch, Strengthen, Breathe and let go of time for just awhile. At the end of practice, leave with a renewed peace to enjoy all that the evening and days ahead will bring you. Open to everyone. Wear something comfortable. Bring a mat. (Class is on break. Please call Sandy at 508-696-4205, M-F for info)

The Friends of TCOA Friends, a non-profit charitable group, are looking for creative ideas and helpers to plan a fun special event for the island community on a summer weekend. All ages with creative minds are wanted! Call 508-696-4205 M-F, 8:30 am-4:30 pm. All ages welcome. Do you enjoy flowers and plants? Stop by to help the Friends scour catalogs to find attractive blooming species that enhance the gardens at the Tisbury Senior Center. Also, the Friends invite you to help plan special events on weekends at the senior center.

The Isabella Stewart Gardner Museum houses significant examples of European, Asian, and American art. Its collection includes paintings, sculpture, tapestries, and decorative arts. The Grand tour will explore the masterpieces and hear stories about the length Isabella would go to purchase the objects of her desire. The paintings remain in place where she arranged them in ways that had personal resonance for her. We are arranging a visit to the original Gardner Museum (the building itself qualifies as a work of art). Lunch at "Café G". Seating is limited. Call now: 508-696-4205.

MOVIES!

PAVAROTTI The 30th Anniversary Gala Concert with June Anderson, Piero Cappuccilli, Paolo Coni, Enzo Dara, Giovanni Furlanetto, Raina Kabaivanska, Patrizia Pace, Giuseppe Sabbatini, Shirley Verrett at the Teatro Valli in Reggio Emilia. Headed by the great tenor himself, the concert proved one of the most memorable of it's kind.

STOLEN The Movie. It was the most expensive art heist in American history. In March 1990, two thieves disguised as Boston police officers gained entrance to the Isabella Stewart Gardner Museum and successfully plundered five hundred million dollars worth of art. STOLEN walks you through the extravagant rooms of the Gardner. An outrageous story of the largest unsolved story of an art theft in the Americas. Not just a crime but the beauty and power of art.
If it was so, it might be; and if it wasn't so, it would be; but as it isn't, it ain't. It's just logic. ~ Lewis Carroll ~