

Tisbury Senior Center Activities Calendar

Pine Tree Road, VH
8:30 am-4:30 pm
508-696-4205

December 2019

Special Events, Services, Supports on back

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Creative Painting 9:00</p> <p>Knitting 9:30</p> <p>Bowling with Lunch 11:30 *turn over for more information on back of page.</p>	<p>3</p> <p>Fitness with Catie 9:30 Balance/Fall Prevention</p> <p>4 Kings Card Game 1:15 Learn how to play this fun and easy game (see information on back)</p> <p>AMSR Kundalini Yoga 3:15 with Steve Power (see information on back)</p>	<p>4</p> <p>Play Readers 9:00</p> <p>Ukulele Players 1-3 New or Practiced, Sing!</p> <p>Tap Dance 3:15 with Carol Magee Free. Wear tap or hard sole shoes</p>	<p>5</p> <p>Fitness with Catie 10 Balance/ Fall Prevention</p> <p>Movie/Popcorn 1:30 (see information on back)</p> <p>Gentle Kripalu Yoga 4:00 with Carol Vega, instructor/guide (see information on back)</p>	<p>6</p> <p>Color a Mandala 10:45 Color pencils and sturdy paper provided</p> <p>AMSR Kundalini Yoga 11:00 with Steve Power (see information on back)</p> <p>Party Bridge 1:00 Call Trudy for seating: 508-627-6719</p>
<p>9</p> <p>Creative Painting 9:00</p> <p>Knitting 9:30</p> <p>Duplicate Bridge 1:15</p>	<p>10</p> <p>Fitness with Catie 9:30 Balance/Fall Prevention</p> <p>4 Kings Card Game 1:15 Learn how to play this fun and easy game (see information on back)</p> <p>AMSR Kundalini Yoga 3:15 with Steve Power (see information on back)</p>	<p>11</p> <p>Play Readers 9:00</p> <p>Ukulele Players 1-3 New or Practiced, Sing!</p> <p>Tap Dance 3:15 with Carol Magee Free. Wear tap or hard sole shoes</p>	<p>12</p> <p>Fitness with Catie 10 Balance/ Fall Prevention</p> <p>Movie/Popcorn 1:30 (see information on back)</p> <p>Gentle Kripalu Yoga 4:00 with Carol Vega, instructor/guide (see information on back)</p>	<p>13</p> <p>Color a Mandala 10:45 Color pencils and sturdy paper provided</p> <p>AMSR Kundalini Yoga 11:00 with Steve Power (see information on back)</p> <p>Party Bridge 1:00 Call Trudy for seating: 508-627-6719</p>
<p>16</p> <p>Creative Painting 9:00</p> <p>Knitting 9:30</p> <p>Duplicate Bridge 1:15</p>	<p>17</p> <p>Fitness with Catie 9:30 Balance/Fall Prevention</p> <p>4 Kings Card Game 1:15 Learn how to play this fun and easy game (see information on back)</p> <p>AMSR Kundalini Yoga 3:15 with Steve Power (see information on back)</p>	<p>18</p> <p>Play Readers 9:00</p> <p>Ukulele Players 1-3 New or Practiced, Sing!</p> <p>Tap Dance 3:15 with Carol Magee Free. Wear tap or hard sole shoes</p>	<p>19</p> <p>Fitness with Catie 10 Balance/ Fall Prevention</p> <p>Movie/Popcorn 1:30 (see information on back)</p> <p>Gentle Kripalu Yoga 4:00 with Carol Vega, instructor/guide (see information on back)</p>	<p>20</p> <p>Color a Mandala 10:45 Paper/pencils provided</p> <p>AMSR Kundalini Yoga 11:00 with Steve Power</p> <p>Tom Dresser Presents: The Hidden History of MV 1:30 (See information on back)</p> <p>Party Bridge 1:00 Call Trudy for seating: 508-627-6719</p>
<p>23</p> <p>Creative Painting 9:00</p> <p>Knitting 9:30-11:30</p> <p>Duplicate Bridge 1:15</p>	<p>24</p> <p style="text-align: center;">Closed</p>	<p>25</p> <p style="text-align: center;">Closed</p>	<p>26</p> <p>Fitness with Catie 10 Balance/ Fall Prevention</p> <p>Movie/Popcorn 1:30 (see information on back)</p> <p>Gentle Kripalu Yoga 4:00 with Carol Vega, instructor/guide (see information on back)</p>	<p>27</p> <p>Color a Mandala 10:45 Color pencils and sturdy paper provided)</p> <p>AMSR Kundalini Yoga 11:00 Steve Power (see information on back)</p> <p>Party Bridge 1:00 Call Trudy for seating: 508-627-6719</p>
<p>30</p> <p>Creative Painting 9:00</p> <p>Knitting 9:30-11:30</p> <p>Duplicate Bridge 1:15</p>	<p>31</p> <p>Fitness with Catie 9:30 Balance/Fall Prevention</p> <p>4 Kings Card Game 1:15 Learn how to play this fun and easy game (see information on back)</p> <p>AMSR Kundalini Yoga 3:15 with Steve Power (see information on back)</p>	<p>Looking Ahead to May</p> <p>Isabella Stewart Gardner Museum tour. Lunch at Café G</p> <p>Call if you are interested: 508-696-4205, M-F</p>	<p>Looking Ahead to June</p> <p>Cape Cod Lunch Train</p> <p>A new tour of marshes and coastal vistas.</p> <p>Gourmet lunch served on the train.</p> <p>Call if you are interested</p>	<p>The Boston Flower & Garden Show</p> <p>March 12, 2020 Travel provided by Cape Destinations comfortable charter bus</p> <p>Call if you are interested (no hassle of parking!)</p>

December 2019

Services & Supports at Tisbury Senior Center

(unless otherwise noted, please call 508-696-4205, Monday-Friday, 8:30 am-4:30 pm)

Blood Pressure Clinic December 3, 10-11

Diabetes Support Group December 16, Monthly meetings

S.H.I.N.E. (Serving the Health Insurance Needs of Everyone) with counselor Joann Murphy. December 5 & 26

Miracle Ear Hearing Tests January 30. Call to make an appointment: 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

Thomas Dresser Book Talk Series: Will resume in the Spring.

4 Kings in a Corner Card Game Tuesdays, 1:15 pm. This game is FUN! Play it with friends or with your grandchildren. Learn to play on Tuesdays at 1:15 pm. It's easy to learn and reminiscent of solitaire except 'Kings Corner' is a multi player game where players attempt to get rid of cards from their hand by playing them to piles of alternating red and black cards. We invite you to stop by on Tuesdays at 1:15 to learn how to play the game. (It is easy!) Let us know you're coming. Games continue Tuesdays at 1:15.

Kundalini Yoga with Steve Power Tuesdays, 3:15 pm / Fridays, 11:00 am. 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.

Movies on Thursdays 1:30 pm. We're going back in time. Enjoy a revisit with Humphrey Bogart who starred with Lauren Bacall, Katherine Hepburn, Ingrid Bergman, Ava Gardner, Audrey Hepburn to name a few.

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 your mat. \$10.

Tisbury Senior Bowling and Lunch at Bowl, Barn, Bistro December 2. 1st Mondays of each month 11:30-1:30. It's a lot of fun! Join us! Register in advance; please call no later than 10 am Wednesday, November 27. Call 508-696-4205.

The Friends of TCOA invite you to help plan future fun social events at the senior center.

Call 508-696-4205 M-F, 8:30 am-4:30 pm. All ages welcome. We are looking for creative ideas and helpers.

Boston Flower Show, Day Trip, Thursday, March 12 "Garden Party; Celebrating Friends and Family" \$16. Enjoy a day filled with springtime abounding in the Garden Marketplace at the Seaside World Trade Center. Don't miss the Lectures and Demonstrations and ideas for your garden. Travel by private charter bus; avoid the hassle of parking (there is no parking at the site) and driving in expressway traffic. Call now if you are interested. 508-696-4205.

Isabella Stuart Gardner Museum, Day Trip, May 11 A Venetian palace in the middle of Boston, Gardner's home is now a museum displaying her impressive, eclectic collection of European, American and Asian art, including sculpture, paintings, furniture, ceramics and textiles. Visitors can stroll or rest in a spectacular skylit courtyard filled with plants and flowers. Lunch at the Café G by reservation. Call to be placed on the travel list: 508-696-4205.

Boston Symphony Orchestra, November 29 Seating is available. For ticketing, Call: 508-696-4205, M-F, 8:30-4:40. (transportation by private, comfortable motor coach)

Lunch 12 Noon, M-F. Call 48 hours in advance for reservation: 508-693-8337 (age 65+)

"And now we welcome the new year. Full of things that have never been." Rainer Maria Rilke

"You are never too old to set another goal or to dream a new dream." — C.S. Lewis