


Tisbury Senior Center Activities Calendar FEBRUARY 2020

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

Special Events, Services, Supports on back

<p>MONDAY</p> <p>February 27</p> <p>'AVIAN IMPROV'</p> <p>New, Special, Spotlight Events and Off-Island Day Trips on back page</p>	<p>TUESDAY</p> <p>Avian Art and Island Bird Photography</p> <p>Lanny McDowell & David Stanwood with special guest poet Warren Woessner</p> <p>February 27, 3-4:30</p>	<p>WEDNESDAY</p> <p>Day Trips!</p> <p>Relax and enjoy trips to Boston Flower Show, Cape Symphony, Gardner Museum</p> <p>Details on back</p>	<p>THURSDAY</p> <p>Movies!</p> <p>Beginning February 20</p> <p>'Luciano Pavarotti The Gala Concert'</p> <p>See more information on back</p>	<p>FRIDAY</p> <p>Valentines Day Party!</p> <p>Sponsored by: FRIENDS of TCOA Romantic Movie: Oscar Winning 'Roman Holiday' Cake, Ice Cream</p> <p>Reserve your seat today: 508-696-4205</p> <p> February 14, of course! 2 PM</p>
<p>3</p> <p>Creative Painting 9:00</p> <p>Knitting 9:30</p> <p>Bowling & Lunch, BB&B 11:30 *turn over for more information on back of page.</p>	<p>4</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>5</p> <p>Play Readers 9:00 (see back for details)</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>6</p> <p>Fitness with Catie 10 Balance/Fall Prevention</p> <p>Susan Klein Memoir Conversations -Full</p> <p>Gentle Kripalu Yoga 4:00 with Carol Vega, instructor/guide (see information on back)</p>	<p>7</p> <p>Color a Mandala 10:45 Color pencils and sturdy paper provided)</p> <p>Party Bridge 1:00 Call Trudy for seating: 508-627-6719</p>
<p>10</p> <p>Creative Painting 9:00</p> <p>Knitting 9:30</p> <p>Duplicate Bridge 1:15</p>	<p>11</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>12</p> <p>Play Readers 9:00 (see back for details)</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>13</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>14</p> <p>Color a Mandala 10:45 Color pencils and sturdy paper provided)</p> <p>Party Bridge 1:00 Call Trudy for seating: 508-627-6719</p> <p>Valentines Party! 2:00 Sponsored by the Friends of TCOA.</p>
<p>17</p> <p>Presidents' Day</p> <p>Closed</p>	<p>18</p> <p>Fitness with Catie 9:30 Balance/Fall Prevention</p> <p>4 Kings Card Game 1:15</p> <p>AMSR Kundalini Yoga 3:15 with Steve Power (see information on back)</p>	<p>19</p> <p>Play Readers 9:00 (see back for details)</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>20</p> <p>Fitness with Catie 10 Balance/ Fall Prevention</p> <p>TCOA Board Mtg. 1-2</p> <p>Movie 1:30 Luciano Pavarotti Gala Concert See Information on Back</p> <p>Gentle Kripalu Yoga 4:00 with Carol Vega</p>	<p>21</p> <p>Color a Mandala 10:45 Color pencils and sturdy paper provided)</p> <p>Party Bridge 1:00 Call Trudy for seating: 508-627-6719</p>
<p>24</p> <p>Creative Painting 9:00</p> <p>Knitting 9:30</p> <p>Duplicate Bridge 1:15</p>	<p>25</p> <p>Fitness with Catie 9:30 Balance/Fall Prevention</p> <p>4 Kings Card Game 1:15</p> <p>AMSR Kundalini Yoga 3:15 with Steve Power (see information on back)</p>	<p>26</p> <p>Play Readers 9:00 (see back for details)</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>27</p> <p>Fitness with Catie 10 Balance/ Fall Prevention</p> <p>S.H.I.N.E. 12-4 Call to schedule</p> <p>AVIAN IMPROV! 3-4:30 See Information on back!</p> <p>Gentle Kripalu Yoga 4:00 with Carol Vega,</p>	<p>28</p> <p>Color a Mandala 10:45 Color pencils and sturdy paper provided</p> <p>Party Bridge 1:00 Call Trudy for seating: 508-627-6719</p>

January 2019

Services & Supports at Tisbury Senior Center

Health Screening February 4, 10-11 am

Diabetes Support Group Call 508-696-4205

Food Distribution February 4, February 18. 10-12 Noon

S.H.I.N.E. (serving health insurance needs everyone) February 27, Call for an appointment

Hearing Services /Miracle Ear To schedule 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 later in Spring.

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.

Movies on Thursdays 1:15 pm. Starting with the Gala Concert at Italy's Teatro featuring Luciano Pavarotti. To celebrate the 30th anniversary of his first stage appearance (in La Bohème on 29 April 1961), Pavarotti invited some of the leading operatic stars of our time to the Teatro Valli in Reggio Emilia. Headed by the great tenor himself, the gala concert proved one of the most distinguished and memorable of its kind. Among the guest artists were such illustrious names as June Anderson, Shirley Verrett, Raina Kabaivanska and Pierro Cappuccilli. The repertoire included popular arias, such as Che gelida manina and Recondita armonia, as well as such show-stopping ensembles as the Lucia Sextet and the Brindisi from La Traviata. We plan to also show those from the Golden Age of Hollywood with Bogart, Beccall, Hepburn Bergman, Gardner. Popcorn included!

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. Make a New Year's resolution to improve your wellness! Wear something comfortable. Bring a mat.

Tisbury Seniors Bowling and Lunch at Bowl, Barn, Bistro February 3. 1st Mondays of each month 11:30-1:30. It's a lot of fun! Join us! Must Register: Call 508-696-4205, M-F, 8:30-4:30. Deadline for registration is 10:30 am day of event.

The Friends of TCOA invite you to help plan future fun & social fundraising. Call 508-696-4205 M-F, 8:30 am-4:30 pm. All ages welcome. Friends, a non-profit charitable group, are looking for creative ideas and helpers to benefit the TSC. The Friends invite you to a special Valentines Party on Friday, February 14. Information at top of front Calendar Grid.

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 and driving in expressway traffic. Call now to reserve seat: 508-696-4205. Deadline to register: February 21

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 skylight courtyard filled with plants and flowers. Lunch at the Café G by reservation. Call to be placed on the travel list: 508-696-4205.

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 ~