



THE ANCHORS at the CENTER of it all...

**FEBRUARY 2010**

508 - 627 - 4368 for information about our programs or to sign up. *Sign up after hours on ext. 14*

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach M-F 1 <u>9-12 Sign up for \$2 Tuesday</u> <i>9-3 Supportive Day Program</i> S&S bread available	10:30 Strength training 2 10 Felting for Hospice <u>\$2 Tuesday</u> Groundhog sandwich w/ lentil soup	9-3 Supportive Day Program 3 3:30 Harbor Committee	10:30 Strength training 4 1-3 Rug Hooking 1:30 SHINE Health Insurance w/ Carl Watt	Café \$5 5 Chicken parmesan & minestrone soup 2-4 Needle workers
Outreach M-F 8 <u>9-4 Sign up for \$2 Tuesday</u> <i>9-3 Supportive Day Program</i> S&S bread available	8:30 Strength Training 9 10 Pilates 12 \$2 Tuesday - Egg salad sandwich w/ Potato leek soup 2-4 Surplus Food Distribution	9-3 Supportive Day Program 10 3:30 Harbor Committee	10:30 Strength Training 11 1-3 Rug Hooking Sign up for Café by 4	Café \$5 12 Beef Picadillo w/ carrot & ginger soup Fire Dep. & Ambulance 2-4 Needle workers Saturday 13th 10 Winter walk w/ Herb Foster 4 The play Love Letters & Chocolate lava cake
The Anchors is closed In observance of Presidents Day	8:30 Strength Training 16 10 Pilates 10 Felting for Hospice 12 \$2 Tuesday Cheese sandwich w/ chicken gumbo soup 12:30 Edgartown School 2nd grade performs 2-4 Felted bags with Lynn B.	9-3 Supportive Day Program 17 3:30 Harbor Committee	10:30 Strength Training 18 8:30 ECOA board mtg. 9:30 Cape Poge Birding Tour w/ Trustees of Reservations 2 Cooking Class—Eggs for Dinner 1-3 Rug Hooking 1:30 SHINE	Café \$5 19 Lasagna w/ escarole soup 2-4 Needle workers
Outreach M-F 22 <u>9-4 Sign up for \$2 Tuesday</u> <i>9-3 Supportive Day Program</i> 10 S&S bread available	8:30 Strength Training 23 10 Pilates 12 \$2 Tuesday Vegetable burritos w/ black bean soup 1:00 Woods Hole Oceanographic	9-3 Supportive Day Program 24 3:30 Harbor Committee 6 p.m. Pizza & Comedy Night	8:00 ECOA Board Meeting 25 9:30 Health Screening w/ town nurse 10:30 Strength Training 1- 3 Rug Hooking Sign up for Café by 4	Birthday Café \$5 26 Beef stroganoff w/ butternut squash soup Let us know it is your birthday and receive a beautiful rose 1-4 Memory Screening 2-4 Needle workers

**NEW VOLUNTEER DRIVER PROGRAM Replaces TAXI program!**

As advertised last month, our Taxi Program will be replaced by volunteer drivers. (All drivers are insured, and have been trained and CORI checked). If you are unable to drive and need to go to on-island medical appointments, Stop & Shop, post office, pharmacy, The Anchors, or general errands etc., please schedule a ride by calling 508-627-4368 at least **24 hours in advance**.

**All rides are limited to 1x per week.**

Round trip in Edgartown—suggested donation \$5

VTA annual passes are in -12 month pass is now \$15.00 Checks only to: VTA You must be a year round resident of Martha's Vineyard.

**Please call for information on TAX WORKOFF PROGRAM & HOME REPAIR PROGRAM**



THE ANCHORS at the CENTER of it all...

**FEBRUARY 2010**

508 - 627 - 4368 for information about our programs or to sign up. *Sign up after hours on ext. 14*

## FEBRUARY SPECIAL EVENTS

**PROGRAM IDEAS** Thank you for all your program ideas last month, keep them coming! The programs clipboard is at our Info. center. **Be the first to get our special events listings!** We are starting an e-mail list for those who want information on programs, trips, special events and volunteer opportunities before the newsletter is printed. Call us with you address or stop by and sign up at our information center. Thank you!

**The Anchor's Gallery**—This month features paintings by Edgartown resident Timothy Catling. Timothy started painting acrylics at a Junior College in Carrol County Maryland eight years ago. Now living in Edgartown, he spends his time taking care of his wife's three horses and painting. Thanks to the Friends of ECOA 30% discount at Featherstone Center for the Arts, Timothy has been able to take acrylic paintings to further his skills.

**Love Letters** **Saturday, February 13th 4:00 p.m.** Love Letters is a play by A. R. Gurney. This Broadway hit is a poignant look at life and love as told through the reading of letters between a man and a woman. Andrew Makepeace Ladd III and Melissa Gardner are childhood friends whose lifelong correspondence begins in the WWII era with birthday thank you notes and summer camp postcards. After a lifetime of correspondence, it becomes eloquently clear how much they really mean to each other. Love Letters will be performed by actors Richard Clark and Lynne McKenney Lydick. Richard Clark is an actor with over 30 years of experience in New England regional theater, New Your Theater and television. He is a graduate of Clark University and studied at the American Academy of Dramatic Art, The Actor's Connection and the Actors Loft in NYC. As an actor, Lynne McKenney Lydick counts among her many stage credits leads in musicals, comedies, non-musicals, mystery dinner theaters, and children's theater. Our cook Diane Wall will serve her delicious chocolate lava cakes with ice cream. This event is funded by a grant from the Massachusetts Cultural Council and the Friends of ECOA.

**Felted Bags with Lynn Benson** **Tuesdays February 16th & March 2 from 2-4 p.m.** Your choice to make a lap top bag or purse from a felted sweater with a grommet opening and drawstring handle or a knitted bag which is felted. Both are unique because they are lined with a pair of old blue jeans!! The pockets in the blue jeans provide great space for cell phone, change etc. Bags are on display at our Information Center. Call for material list, and purchase materials ahead of time. Classes are two weeks apart so you can continue to work on your project at home. \$10 instructor fee for both classes. Subsidized by Friends of ECOA.

**Trustees of Reservations** **Thursday, February 18th - 9:30—12:30** **Join us for our 2nd Cape Poge Oversand Birding Tour from.** Many birds make their way onto our coastal island during the harsh winter months to feed. You may see wintering sea ducks as well as the elusive snowy owl. Binoculars, a warm van and good company will be provided on this birding trip in all its winter wildness! Pick up and drop off at Memorial Wharf -sign up at 508-627-4368 ext.14 Restrooms will be available at Mytoi. Donations are always welcome!)  
more events on other side....

**Edgartown School Students** Tuesday, February 16th at 12:45 Vocal teacher Beth Carr is back with a group of 2nd graders from Edgartown School who will sing patriotic songs.

**Winter Walking** - Time to get into shape indoor or outdoor! Walk MV Regional High School **indoors** with Ellen Reynolds from Up-Island COA every Wed. @ 2:30 Walk with group or independently. OR you can join Herb Foster this month for an outdoor winter walk. Please call for date and time.

**Cooking Class with Diane Wall—Thursday, February 18 at 2 p.m.** - Our cook Diane will prepare and demonstrate three egg dishes: soufflé, Scotch eggs stuffed with cod fish and an egg pizza! Bring a friend and learn how to make these delicious dishes. We promise lots of samplings! This is a free event! Sign up by calling 508-627-4368.

**Woods Hole Oceanographic Institute** Tuesday, February 23 at 1:00 p.m.  
The ocean covers 75% of our planet, but less than 5% has been explored. Stephanie Murphy, Manager of Public Information at Woods Hole Oceanographic Institution (WHOI), will present a talk, “Discovering Planet Ocean.” She will describe the efforts of this world-renowned organization based in our “back yard” to explore and better understand our oceans and their role in Earth’s climate system. WHOI researchers work in the scientific disciplines of biology, chemistry, geology, physics, and engineering using ships, robotic vehicles, and other tools and sensors to observe and monitor the world’s oceans. Please call 508-627-4368 ext 14 to sign up.

**Alzheimer’s Services Memory Screening** Friday, February 26 from 1– 4p.m.  
We welcome back Alzheimer’s Services of Cape Cod and the Islands. Pat Collins from ASMS will conduct six free memory screenings. Each take 30 minutes. The results of the memory screening do not represent a diagnosis of any particular illness, and a screening does not replace a consultation with a qualified healthcare professional, **however, it is very helpful. A screening can test your memory and other intellectual functions. It can indicate whether you might benefit from more testing.** To book an appointment you must call the Alzheimer’s office at **508-775-5656**. Those who participated in the screenings last fall said they were very happy they came and very satisfied with the service and test.

### **NEWS FROM THE EDGARTOWN FIRE DEPARTMENT**

Alex Shaeffer, our Edgartown Deputy Fire Chief in charge of ambulance operations will be at the center on Friday, February 12th during our café to introduce themselves to us and to answer any questions you might have. It is possible that we will be able to have a “tour” of the ambulance as well.

**Blood Pressure Checks:** The Fire Department also wants to remind you that you may stop at the fire station at any time to have your blood pressure checked by the EMT’s. They are at the station around the clock and are available unless they are out on an emergency call.

### **EMERGENCY LIST**

The Edgartown Fire, Police and COA are working together to create a list of individuals who would like to **receive a phone call if there is a serious winter storm or hurricane.** If you live alone, are disabled, on oxygen or on lifeline, or if you want to be on the list for any reason, please give the COA a call and add your name to this list. In case of severe weather, you will receive a call to make sure you are o.k. Call 508-627-4368.