



THE ANCHORS at the CENTER of it all...

MARCH 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 4-6 Mindful Knitting	2 8:30 Strength training 10 Pilates 10 Felting for Hospice <u>12 \$2 Tuesday</u> Foccacia w/ chick pea and celery soup	3 <i>9-3 Supportive Day Program</i> 3:30 Harbor Committee 2:30 High school walking w/ Ellen Reynolds	4 8:30 Yoga 9 Income tax appointments at Whaling Church 10:30 Strength training 1-3 Rug Hooking 1:30 SHINE Health	5 12 Café \$5 Sweet & sour shrimp Millet pilaf Carrot 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 4-6 Mindful Knitting	9 8:30 Strength Training 10 Felting for Hospice 10 Pilates <u>12 \$2 Tuesday</u> Chicken Caesar wrap w/ tomato soup 2-4 Surplus Food Distribution	10 <i>9-3 Supportive Day Program</i> 3:30 Harbor Committee 2:30 High school walking w/ Ellen Reynolds	11 8:30 Yoga 10:30 Strength Training 1:00 Chocolate Tasting w/ Diane Wall 1-3 Rug Hooking 1:30 SHINE	12 12 Café \$5 Beef Stew Mushroom soup 2-4 Needle workers <hr/> Saturday 13th—8-12 Health Fair at M.V. Hospital
Outreach M-F 15 <u>9-4 Sign up for \$2 Tuesday</u> <i>9-3 Supportive Day Program</i> 10 S&S bread available 4-6 Mindful Knitting	16 8:30 Strength Training 10 Pilates 10 Felting for Hospice <u>12 \$2 Tuesday</u> Tuna salad sandwich w/ split pea soup 1:30 Spring Jar Candle Arrangement \$7 per person	17 <i>9-3 Supportive Day Program</i> 3:30 Harbor Committee 2:30 High school walking w/ Ellen Reynolds	18 8:30 Yoga 8:30 ECOA board mtg. 10:30 Strength Training 9:30 Cape Poge Birding Tour w/ Trustees of Res 9:30 Health Screening w/ town nurse 1-3 Rug Hooking 1:30 SHINE	19 Café \$5 Shepherds pie w/ apple and broccoli soup Strawberry short cake 2-4 Needle workers <hr/> Saturday 20th 10 Mary Kay Makeover
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 4-6 Mindful Knitting	23 8:30 Strength Training 8:30 Foot Clinic 10 Friends Meeting 10 Pilates <u>12 \$2 Tuesday</u> Spinach quiche w/ sweet potato soup	24 BRAINTREE MALL TRIP <i>9-3 Supportive Day Program</i> 3:30 Harbor Committee 2:30 High school walking w/ Ellen Reynolds	25 8:30 Yoga 10:30 Strength Training 1-3 Rug Hooking 1:30 SHINE Sign up for Café by 4	26 12 Birthday Café \$5 Chicken cutlet w/ Clam chowder Let us know it is your birthday and receive a beautiful rose 12 EMT's 2-4 Needle workers <hr/> Saturday 27th 10 Winter Walk
Outreach M-F 29 <u>9-4 Sign up for \$2 Tuesday</u> <i>9-3 Supportive Day Program</i> 10 S&S bread available 4-6 Mindful Knitting	30 8:30 Strength Training 10 Pilates 10 Felting for Hospice <u>12 \$2 Tuesday</u> Roast beef sandwich w/ red lentil soup 1:00 Athearns from Morning Glory Farm	31 <i>9-3 Supportive Day Program</i> 3:30 Harbor Committee 2:30 High school walking w/ Ellen Reynolds	1 8:30 Yoga 10:30 Strength Training 1-3 Rug Hooking 1:30 SHINE Sign up for Café by 4 6:00 Pizza night w. Adam Darack	<u>MEN'S BREAKFAST RETURNS</u> Friday, April 9th 8:00 a.m. <i>MENU</i> <i>Scrambled Eggs</i> <i>Spinach Croissant</i> <i>Fruit Cup</i>

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



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MARCH SPECIAL EVENTS

PROGRAM IDEAS Thank you for all your program ideas last month, keep them coming! The programs clipboard is at our Info. center for you to request new programs. Remember, 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!

Free Income Tax Service—Thurs, 4th, 9-11. Call to register

The Anchor's Gallery— This month we feature paintings from several artists who exhibit at Featherstone Center for the Arts.

Free Books—The Friends of the Edgartown Public Library has a display of free book located on our fireplace mantel. There are some great selections, so please browse and help yourself to a book!

Walking Groups— Offering more choices! Call for information and registration

1. Walk MV Regional High School **indoors** with Ellen Reynolds from Up-Island COA every Wed. @ 2:30 Walk with group or independently.
2. Join Herb Foster and Laurie on Saturday, March 27 at 10 a.m., on our first spring walk when we join Carl and Grace Watt for a three mile walk in Edgartown. Starting at The Anchors, Grace and Carl will take us on some ancient ways to Sheriffs Meadow and out towards Edgartown Golf course, stopping at Grace and Carl's house for lunch and then back to The Anchors. Next month we will be planning a spring walk...let us know where you would like to explore.
3. **Chair Exercise Class**—Do you need exercise but cannot stand for long periods or lay down? Focus will be on flexibility and resistance training. Call 627-4368 ext 14.

»»**Thursday, 11th @ 1:00 Chocolate Tasting with our cook Diane Wall** If you missed last years chocolate tasting you will definitely want to mark this class on your calendar. Diane will talk about the history of chocolate and have samples from France, Columbia, Italy and Spain and USA to try! Call in advance to register! This is a free event subsidized by the Friends of ECOA.

»»**Tuesday, 16th @ 1:30 Spring Candle Arrangement with Cookie Perry** -This class will bring a little bit of springtime into your home! Cookie has beautiful candles to decorate with a variety of colorful spring accents! Call to register \$7 per person

»»**Trustees of Reservations Thursday, March 18th & April 8th - 9:30—12:30** These tours will focus on Cape Poge Lighthouse which is over 115 years old. The tour will drive around 3 miles of Cape Poge Wildlife Refuge on the way to visit the Lighthouse and discuss the light keeper history along the way. Plans are underway to offer more tours during the spring and summer months!

»»**Saturday, 20th @10am - Spring Make-Over** with Diane Couture from Mary Kay Cosmetics. Discover some new skin care products and have fun experimenting with spring colors as you give yourself a make-over! No purchases allowed at The Anchors, this program is a demonstration only. Please call to register 508-627-4368.

»»**Tuesday, 30th @ 1:00 Jim and Debbie Athearn from Morning Glory Farm** will have lunch with us and talk about their book “*Morning Glory Farm & The Family That Feeds an Island*”. The Athearns will talk about their recipes, and future plans and will answer questions. Please join us in welcoming this family!

»»**April Fools Day — Comedy & Pizza Night with Adam Derek**—Starting at 6 p.m. a variety of pizza’s will be served with entertainment from Edgartown Town Hall Computer Consultant Adam Darack!

»»**Organize your Photos Workshop with June Parker**

Saturday April 3rd, from 10a.m. to 4 p.m. (second class possible on Saturday, April 10th). Maximum of 10. This workshop will magically transform all those photographs you have stored away in boxes and bags into an organized photo album. According to June, we all need an incentive to organize our wayward photos and this workshop promises to be fun and productive. The cost for materials is \$25.00 per person. For information and registration call 508-627-4368. —payment is due by March 19th. Homemade soup and bread will be served—donation accepted. *June Parker (who considers herself a true entrepreneur) moved to the Vineyard 20 years ago from the Caribbean where she owned and ran a guesthouse and subsequently Florida where she ran a cattle ranch. Having to start from scratch upon her arrival here, she decided to wed her gift of organization with her passion for photography and became a Location Scout, working with production crews and catalog companies from all over the world who wanted to utilize the Vineyard’s unique and varied landscapes for a myriad of medias from films to fashion catalogs.*

»»**April 9th @ 8:00 a.m. Men’s Breakfast Returns**—We encourage all ages to join us for a delicious breakfast of scrambled eggs, spinach croissant and fruit salad. \$5

TRIPS

BARNSTBLE TRAVEL CLUB— **Martha’s Vineyard Day at Fenway—Boston Red Sox vs Oakland-** June 3rd, tickets and transportation only \$88.00. This is a friends and family trip so bring your grandchild!!! (Seats G 27 & G30 unobstructed views!) 8:00 a.m. ferry—7:30 or 8:30 return. Call 508-627-4368 for questions and to sign up. (Must sign up by April 15) 55 seats available on a first come first served basis. **Newport Flower Show** “A Garden in Safari” Friday, June 25 \$49.00 Registration and checks due Monday, May 24. Karen is also working on an overnight trip this summer to **Waterfire** in Providence R.I. Thank you for all your suggestions, keep your ideas coming!

ECO is planning trips to: Boston Haymarket and North End in May, A June trip on the **Cape Cod Lunch Train**, a two hour train ride and gourmet lunch; and **New Bedford Whaling Museum with lunch at Cork**, a tappas restaurant.

NEWS FROM THE EDGARTOWN FIRE DEPARTMENT

Edgartown EMT’s will help up-date your File of Life and give blood pressure screenings during lunch the last Friday of each month. Bring in your File of Life and an EMT will enter your information into their computer program. If you have an emergency, your current information will be in their system!

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.