

March 2022

Artist Spotlight: Sara McLane Kurth

It is our absolute pleasure to share the exquisite handwork of this self-taught quilter. It is no surprise that Sara 's quilts have collected many blue ribbons at the annual Agricultural Fair each summer. Sara's quilts, while varied in subject matter, all hold a common theme. All of the quilts Sara has created shine light on, and honor, something, or someone, she feels deeply connected to. Sometimes inspiration is taken from beautiful images, colors, and textures of the fabric alone. Some of the quilts are inspired by bigger ideas like peace, endurance, and the passage of time. We hope you will enjoy looking at these treasures, and again we thank Sara for allowing us to showcase these very special quilts.

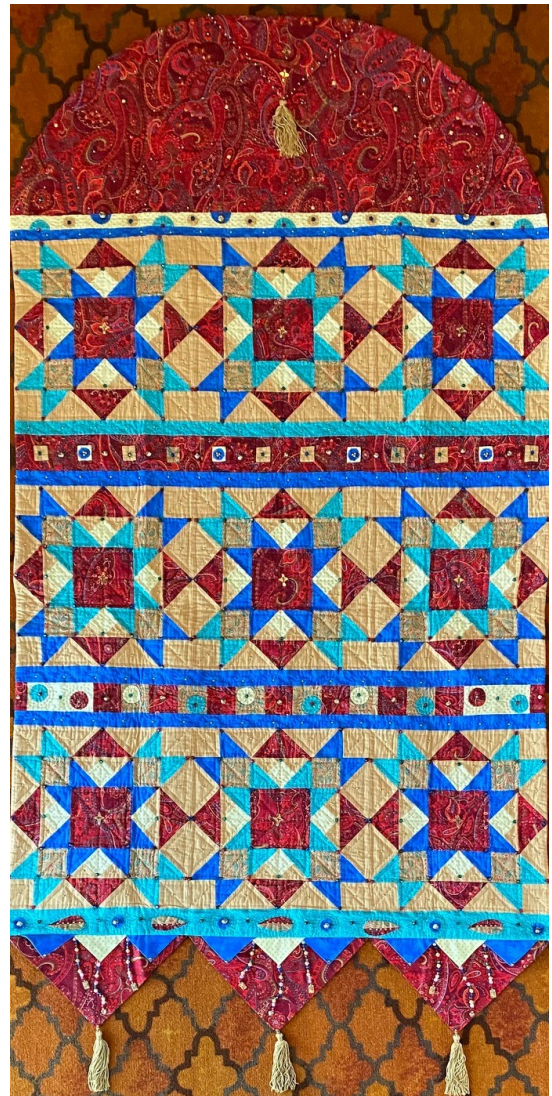


Shoo Fly Don't Bother Me



Decorative with beadwork

We are happy to announce that the Anchors has reopened to in-person programming! Masks will be required until further notice.



For Frida Kahlo



The Anchors Kitchen

We are committed to providing those in need with nutrition resources.
Please call 508-627-4368 to learn about nutrition programs you may be eligible for.



Brown Bag Lunch Pickup

Tuesdays and Fridays

11am-12:30pm. Exact change is appreciated.


Please call the week before to register. 508-627-4368



Tuesday SANDWICHES ~ includes dessert

- 3/1 Turkey Gobbler
 - 3/8 Meatloaf Sandwich
 - 3/15 Chicken Salad Sandwich
 - 3/22 Veggie Quesadilla
 - 3/29 Fish Cake Sandwich
- \$3

Friday Café ~ Lunch TO GO ~ includes soup and dessert

- 3/4 Black Bean Burrito
 - 3/11 Ravioli and Sausage
 - 3/18 Corned Beef and Cabbage 
 - 3/25 Chicken Stew with a Buttermilk Biscuit
- \$5

Programs and Services

Bus Pass- Island Seniors 65+

VTA Senior Bus Passes are available at the Anchors for \$40. New this year, your pass is good for 365 days from the first time you swipe it, regardless of purchase date.

Conversation Group

Conversations Thursdays, March 10th and 24th at 11am. Come with an open mind and something of interest to share. Please call Meris for more info and to register.

Exercise & Wellness

Mindfulness Meditation with Ed Merck on Zoom will be taking a winter break beginning the first week of March. We look forward to seeing you when meditation resumes on Friday, April 22.

Tai Chi with Nan Doty Wednesdays, at 9:30am. \$10 session.

Yoga with Carol Vega Tuesdays at 9am. \$10 session.

The Free Tax Preparation from AARP

Free Tax Preparation

Foundation Tax Aide Those preregistered for tax preparation in March are asked to bring their documents to the Anchors at 9am on Friday, March 18th for completion by volunteers. Any questions, call 508-627-4368

Community Action Committee of Cape Cod and the Islands offers free tax preparation to residents of Martha's Vineyard. Please call to register and for more information. <http://www.cacci.cc/> 508-771-1727 ext. 200 372 North St., Hyannis, MA

Games

Bingo Thursdays, March 10th and 24th at 1pm.

Mah Jong meets Tuesdays and Fridays at 1pm. New players are always welcome. Please call to register in advance if you are interested in

learning to play. 627-4358

Bridge Group meets Mondays and Wednesdays from 12:30-3:30pm. To join, call Carol Fligor at 508-627-8811 or email her at fligors@comcast.net.

Health Care Proxy

Have you named a health care agent? If you would like assistance or just need witnesses while you sign your health care proxy, we are here to help. Maybe you want to learn more about how much decision making power your agent will have and under what circumstances, or you want to know how to start the conversation with a loved one or other trusted person. We will provide you with the necessary forms, walk you through the process, and mail a copy to the hospital for you. Give yourself, and those who care about you, peace of mind by checking this important 'to-do' off your list. Call to arrange a meeting. The average appointment take 5-10 minutes. 508-627-4368

Knitting & Needlework

Knitting and Needlework meets Mondays at 3:30pm via Zoom. Click link to join.

<https://us02web.zoom.us/j/81981650378?pwd=YzRXTzhtVmdOZW9BWmRVamlabTJEUTo9>

Knitting for Charity at the Anchors meets Tuesdays from 10am-12noon.

Music

Michael Haydn Piano Voice Guitar. Zoom performance on Friday, March 4th from 1-2pm. Please join us as we welcome Michael to perform a small selection from his extensive repertoire.

<https://us02web.zoom.us/j/86444970567?pwd=QzNpTjNLSTdUVkNXVWtVOZWtXb2p3QT09>

Adele Dreyer on Piano via Zoom Join us on Friday, March 18th at 2pm for your listening and lounging pleasure. Bring a project, your pet, or a cup of tea and just relax while listening to the musical stylings of this lovely pianist.

<https://us02web.zoom.us/j/86051857111?pwd=S0dxWHR4aWsxVWt6cERWNCttWldLUTo9>

SHINE

SHINE counselor Bill Glazier is available by appointment for phone consultations.
508-627-4368

Online Safety/ Scam and Fraud Prevention

The Office of Consumer Affairs and Business Regulation and the Orleans Police Department host,

A discussion on Phishing, Identity Theft, and General Online Safety. Thursday, March 24th at 10am.

Email mkeating@edgartown-ma.us to register or



Use the camera on your smartphone or device to scan this QR code. Click on the link that appears, and open the webpage to register



Tech Help

Cell phone/ device/ laptop help.

Tuesday, March 15th from 11am—12noon. Does the thought of using your cell phone or other device send chills down your spine? Don't fear! The ladies at the Anchors may not be technology experts, but they promise to be calm and patient while showing you some great uses for your devices (other than a paperweight). Call to register.

Trip

Trip to Boston's Museum of Fine Arts

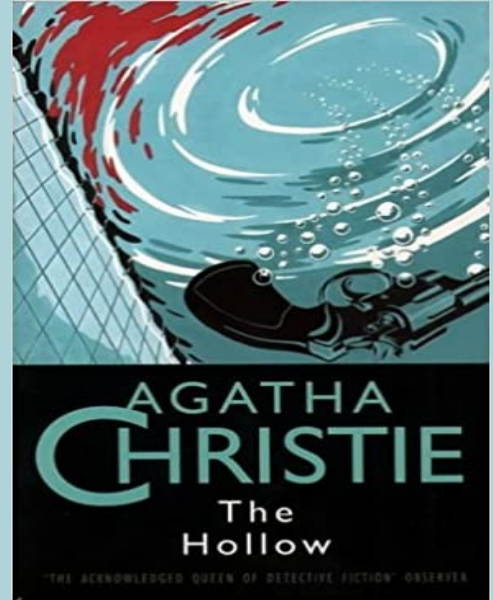
Wednesday, May 4th. \$50 check made payable to the Friends of ECOA travel fund covers museum ticket and coach transportation. Ferry ticket purchased on your own. Leave VH on the 7am ferry, returning on the 5pm from WH. Call or email Meris to register and for more information.

Wellness Clinics

Shawn Woodbrey hearing aid specialist.

Monday, March 14. Second Monday of the month, beginning at 9 am. Hearing tests are 30 minutes; general ear check and hearing aid checks are 15 minutes. No cost. Call Meris to schedule an appointment. 508-627-4368

Group Reading *The Hollow*



The world knows Agatha Christie as the creator of Hercule Poirot, Miss Marple and an amazing series of puzzling detective novels. In the 1950's, she also adapted a number of her stories into plays for the London stage.

Elizabeth Villard, playwright, historian and ferry captain will lead a group reading of "The Hollow," one of these dramas. Its ten characters must struggle to solve the murder of one of the visitors at a country weekend. They must do this without the help of Christie's familiar detectives.

The Hollow is a lovely look into the elegant upper class world of Britain, a first class puzzle, and ultimately a sad look into the power of love. Readers will get a chance to read the roles of eccentric British aristocrats, bungling detectives, and a Hollywood movie star.

Wednesdays at 2pm beginning March 2nd. Program held via Zoom
Email mkeating@edgartown-ma.us to register, or call 508-627-4368.



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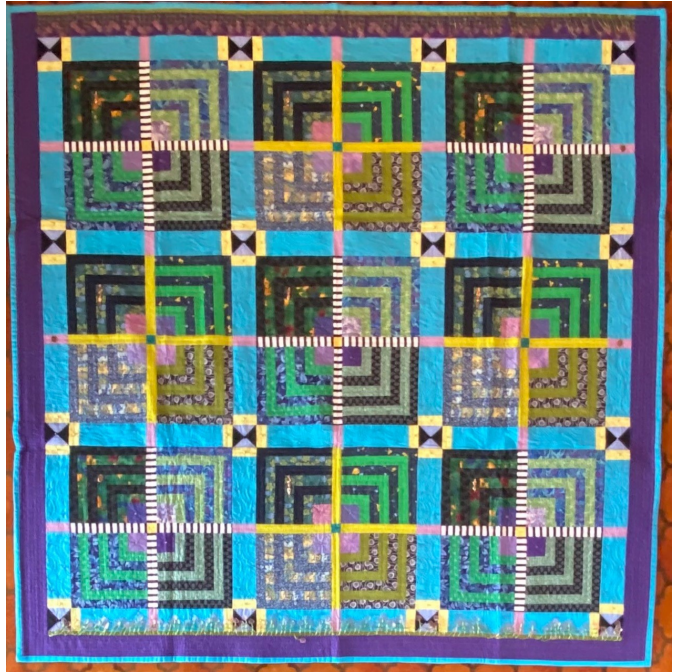
To register, or learn more about programs at
The Anchors,
Call 508-627-4368
~or email~ mkeating@edgartown-ma.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
PURPLE= ZOOM GREEN= AT THE ANCHORS BLUE= OTHER LOCATION	9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1:00 Mah Jong	9:30 Tai Chi 12:30 Bridge 2:00 Agatha Christie Book Reading	9:30 Poetry 1:00 Movie	1:00 Michael Haydn 1:00 Mah Jong
7	8	9	10	11
12:30 Bridge 3:30 Knitting and Needlework	9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1:00 Mah Jong	9:30 Tai Chi 12:30 Bridge 2:00 Agatha Christie Book Reading	9:30 Poetry 11:00 Conversations 1:00 Bingo	11-12:30 Friday Café To-Go 1:00 Mah Jong
14	15	16	17	18
9:00 Hearing Wellness with Shawn 12:30 Bridge 3:30 Knitting and Needlework	9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1:00 Mah Jong	9:30 Tai Chi 12:30 Bridge 2:00 Agatha Christie Book Reading	9:30 Poetry 1:00 Movie	8:30 ECOA Board 9:00 TAX Drop-off 11-12:30 Friday Café To-Go 1:00 Adele Dreyer Piano Lounge Hour 1:00 Mah Jong
21	22	23	24	25
12:30 Bridge 3:30 Knitting and Needlework	9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1:00 Mah Jong	9:30 Tai Chi 12:30 Bridge	9:30 Poetry 10:00 Consumer Affairs Scams and Online Safety 11:00 Conversations 1:00 Bingo	11-12:30 Friday Café To-Go 1:00 Mah Jong
28	29	30	31	
10-12 Open Cupboard 12:30 Bridge 3:30 Knitting and Needlework	9:00 Yoga with Carol Vega 10 Knitting for Charity 11-12:30 Brown Bag Lunch Pickup 1:00 Mah Jong	9:30 Tai Chi 12:30 Bridge	9:30 Poetry 1:00 Movie	

Artist Spotlight



You Reap What You Sew



"Ooh La La" decorative with beadwork



Kaffe Ole

Sara
McLane
Kurth



Old Fashioned



The New Earth



Thanks for the Music



Nobel Peace Prize Winners. 2007



Derek's Purple Grandma



Decorative pink and yellow floral with insect beads



Dedicated to Dr Larson and the country of Nepal



Decorative orange

*Sara McLane
Kurth*



Decorative

Board Members

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Nancy Ignacio
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John Dropick



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Diane Wall, Cook
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Meris Keating, Director of Senior Services, 214
Lyndsay Famariss, Administrator, 213

**last chance
HARVEY**



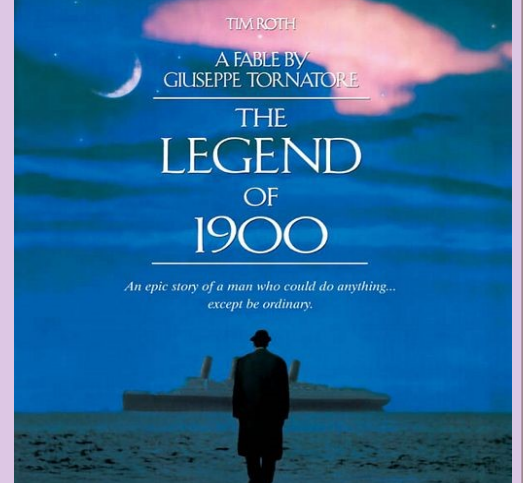
**Last Chance Harvey, 2008.
1h 39m ~Thursday, March
3rd at 1pm**

In London for his daughter's wedding, a struggling jingle-writer, Harvey Shine (Dustin Hoffman), misses his plane to New York, and thus loses his job. While drowning his sorrows in the airport pub, Harvey meets Kate (Emma Thompson), a British government worker stuck in an endless cycle of work, phone calls from her mother, and blind dates. A connection forms between the unhappy pair, who soon find themselves falling in love.



**Marilyn Hotchkiss' Ballroom
Dancing and Charm School,
2006. 1h 43m ~Thursday,
March 17th**

Widower Frank (Robert Carlyle), still overcome with grief at the death of his wife, helps stranger Steve (John Goodman) fulfill his dying wish: to reunite with a former love, Marianne (Mary Steenburgen), now the proprietor of a Pasadena, Calif., dance school. Frank's promise to the man sets into motion his own journey of self-discovery when he attends classes at the school and meets the lovely Meredith (Marisa Tomei), a woman beset by her own troubles.



**The Legend of 1900, 1998. 2h
5m ~Thursday, March 31st at
1pm**

On New Year's Day 1900, Danny (Bill Nunn), a crew member on an ocean liner, finds a deserted infant and decides to adopt him, nick-naming him "1900." As an adult, the eccentric 1900 (Tim Roth) grows into a remarkable musician aboard the boat. Rumors of his brilliant piano playing eventually reach the shore, and his pal Max (Pruitt Taylor Vince) believes that success surely awaits 1900 on land. The only problem, however, is that the enigmatic pianist is loath to embrace life away from the ship.

Disclaimer:

The Edgartown Council on Aging offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Edgartown COA, the Town of Edgartown or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal cost practitioner. Any act, advice, or service by outside providers at the COA is neither endorsed nor sponsored by the COA.

