

DIRECTORY OF INFORMATION

ONGOING EVENTS ADULTS



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Ister. 508-696-0092. July 14, 8:30 am–2:30 pm.
Fit Fusion/Spinning with Sherry Sidoti. 774-238-0176.
Fitness Classes Triangle Fitness Center, Edgartown. 508-627-3393.
Fitness Classes and Pool Mansion House, Vineyard Haven. 508-693-2200.
Fitness Classes and Tennis Vineyard Tennis Center. 508-696-8000.
Fun-Links free or low-cost events for active, unattached people. Volunteers and ideas: 508-645-2602.
Fun Run Sun., 7 am. Sponsored by Martha's Athletic Club. Locations and info: 508-696-6203, ext. 302.
Genealogical Research Tues., Wed., and Thurs., 6:30–8:30 pm, or by appointment. All nationalities. Family History Center, Vineyard Haven. 508-693-8642; 508-627-3163.
Gymnastics Recreational camps and team programs. Island Gymnastics Training, West Tisbury. 508-693-8358.
Hand-Craft Group Mon., 7–9 pm, West Tisbury library. Bring any

am–noon, Tisbury Senior Center. Tisbury Players read aloud and discuss plays. No experience necessary. 508-696-4205.

Poetry Reading Circle Mon., 10 am, Tisbury Senior Center. Read and discuss poems. Monthly.

Pottery Studio Wed., 2–5 pm, Featherstone. Open studio, no instruction. \$5 per hour; \$20 for clay. Preregister. 508-693-1850.
Prenatal/Postpartum yoga with Sherry Sidoti. 774-238-0176.

Quilting Club Second Thurs., 5:30–7:30 pm, Heath Hen Quilt Shop, Tisbury Marketplace. Techniques, patterns, and a new quilt block each month. 508-693-6730.

Qigong for Beginners and Kripalu yoga with MJ Bindu Deleka. 508-696-4513.

Rod and Gun Club Off Third St., Edgartown. Skeet/trap shooting range, firing range. Lessons available. Hours and availability: 508-627-3537.

Rowing, Men and Women Sail M.V. Men, women, youth. Cornish Pilot gig. 508-696-7644.

Scrabble 10 am–12 noon, Oak Bluffs library, School St. All ages and levels. 508-693-9433.

Skating Lessons with Corinne de Langavant. 508-696-8392; 508-423-9566.

Swimming Instruction with Fiona Laughlin. Total immersion. 415-216-7420.

Table Tennis Mon., 6:30 pm

ter. Tues., Thurs., 10:30 am–noon. \$10. Through Aug. 508-645-3061.

ONGOING EVENTS TEENS



Ballet M.V. School of Ballet, Edgartown School, 508-693-0023.

Ballet modern jazz, ballet, and floorbarre. Kathy Joyce Costanza, Vineyard Dance. July 2–Aug. 10. 508-693-2257.

Boys and Girls Club 44 Robinson Rd., Edgartown. Call for summer hours. 508-627-3303.

Dance modern, at the Yard with Sandra Stone. Mon.–Fri., 9–10:30 am. Through Sept. 16.

Dance with Lori Cunningham. M.V. Dance Theatre, 508-360-5313.

Dance hip-hop, jazz, modern, and more with Studio 7. 508-922-4781.

Farm Tours Native Earth Teaching

Boys and Girls Club 44 Robinson Rd., Edgartown. Mon.–Fri., 2:30–6 pm. 508-627-3303.

Chess Club Tues., 6–7 pm, programming room, Vineyard Haven library, Main St. Grades K–12, all levels. 508-696-4210, ext. 14.

Creative Drama with Phyllis Vecchia. Oak Bluffs School, home economics room. Age 4.5–10 yrs. Child-centered theatre. 508-696-8738.

Dad's Playgroup Tues., 5:30–7 pm, Family Center at the high

port. 508-696-8000.

Tennis Vineyard Youth Tennis, Barnes Rd., Oak Bluffs. Free lessons for ages 4 through high school. 508-693-7762.

Vineyard Sinfonietta Rehearsals Thurs., 3–5 pm. Classical and pops music. All instrumentalists welcome. 508-693-9417.

Youth Group Wed., 6:30–8 pm, High Point, age 4–12. Vineyard Assembly of God, 1048 State Rd., Vineyard Haven. 508-696-7576.

Multiple Sclerosis Self-Help Group First Sun., 1–3 pm, Tisbury Senior Center, 34 Pine Tree Rd., Vineyard Haven. Affiliated with the National M.S. Society, Central New England chapter. 508-693-3193.

Parents' Advisory Committee Second Wed., 5:30–7 pm, Family Center at the high school. Includes potluck supper. Part of the Family Network. 508-693-7900, ext. 288.

Parkinson's Support Group Second Mon., 10 am, Up-Island Senior Center, Howes House, West Tisbury. Individuals and caregivers. 508-645-2767.

Note: new time.

PFLAG Parents, Families, and Friends of Lesbians and Gays. 508-221-8347.

Prostate Cancer Support Group Third Wed., 10:30 am, at MV Community Services administration building. Emily Wetherall, 508-693-7900, ext. 236.

Smoking Cessation Mon., 5:15 pm, Vineyard Healthcare, 455 State Rd., Suite 13, Vineyard Haven. 508-693-3900.

TBI Support Group Wed., 8 pm, call for directions. For survivors of brain injury and trauma. 508-696-9481.

Vision Support Group Third Thurs., 10:30–noon, Edgartown Council on Aging, 10 Daggett St. 508-627-4269.

Get the skinny from the author

Visit with Roni Deluz, author of "21 Pounds in 21 Days: The Martha's Vineyard Detox Diet," at Edgartown Books this Sunday during her book signing. Recently reviewed in the Boston Globe, her detoxification guide is brewing notoriety after Howard Stern's co-host Robin Quivers underwent the detox. Here's your chance to see if the "100% natural healthy detox," according to her web site, is right for you. Ms. Deluz will be at the store at 3 pm. For more information, visit her web site, www.mvdietaetox.com, or call the bookstore at 508-627-8463.

