

Tai Chi

If you didn't sign up for the initial series of tai chi class with Gary Donovan, no worry. You are now welcome to join the group on Friday afternoons from 12 noon -1 p.m.as there is space for you. Tai chi is a great way to exercise gently and is a good way to improve your balance, so why not give it a try?

Your New Medicare Card



Most of you should have received your new Medicare card sometime in May.

Once you get your new Medicare card in the mail, you can start using it right away! Here are 3 things to do when your new card arrives:

1. **Carry your new Medicare card with you.** Your doctors and health care providers know it's coming and will ask for your new Medicare card when you need care.
2. **Destroy your old Medicare card.** No need to hold onto it — it's time to say goodbye!
3. **Keep your Medicare Advantage Plan card.** If you're in a Medicare Advantage Plan,

like an HMO or PPO, keep using your Medicare Advantage Plan ID card whenever you need care. However, you should also carry your new Medicare card — you may be asked to show it.

You might have noticed your new Medicare card looks a little different, but rest assured your Medicare coverage and benefits will stay the same. Visit [Medicare.gov/NewCard](https://www.Medicare.gov/NewCard) to learn more about your new Medicare card.

Note: If you also have a Medicare drug plan card, keep that, too. Also, beware of scammers! Believe it or not, they are calling people telling them that they have to pay for the new card. This is **NOT** true, so don't be fooled by the crooks among us!

Tidewater Winds Concerts

Tidewater Winds is one of the country's few professional, non-profit concert bands performing repertoire ranging from Sousa Marches to Big Band Programming. When you experience these concerts, you are entertained with the highest quality of musical celebration available. Our professional musicians, staff and volunteers are prepared to ensure you are fully engaged and comfortable. With free concerts every summer they welcome your involvement and participation as volunteers, supporters, donors and audience members. Join them for upcoming concerts, special events and fundraisers. We hope you will support this treasured art form and help us maintain the joy of free summer concerts for all to enjoy. **All concerts begin at 7:30 pm.**