



UP ISLAND COUNCIL ON AGING

(508)693-2896



April 2018							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 10:30 Yoga 	3 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	4 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	5 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 4:00 MELT	6 8:15 Balletics 10-12 CHAIR MASSAGE! 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor	7	
8	9 10:30 Yoga 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 1:30 MV Museum Presentation Washington Ledesma: The Life & Art of an Island Artist	10 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free 11:00-1:00 Blood Pressure & Wellness Clinic	11 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	12 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong 	13 8:15 Balletics 10-12 CHAIR MASSAGE! 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor	14	
15	16 CLOSED 	17 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	18 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Falmouth Shopping Trip with Ellen	19 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	20 8:15 Balletics 10-12 CHAIR MASSAGE! 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor	21	
22	23 10:30 Yoga 12-2 Free Reiki Clinic Pedicare Clinic	24 8:30 & 9:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	25 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	26 8:30 & 9:30 Strength Training 12:30 Lunch 1:30 Mah Jong	27 8:15 Balletics 10-12 CHAIR MASSAGE! 1:00 Bridge Lessons cminkiewicz@verizon.net 10:30 Yoga 1:00 Watercolor	28	
29	30 10:30 Yoga 	 <p style="text-align: right;">Office Hours Monday-Friday 8:30am – 4:00pm</p>					

Ongoing Services:

- Outreach
 - Fuel Assistance
 - SNAP (formerly known as Food Stamps)
 - Government Surplus Food Distribution
 - Notary Services
 - Lifeline and Be Safer At Home
 - Durable Medical Equipment
 - Telephone Reassurance Calls
 - File of Life
 - SHINE (insurance specialist)
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Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

Chair Massage

Fridays 10:00-12:00

20 minute appointments \$20 (Cash only)

Call to make your appointment!

Falmouth Shopping Trips with Ellen!

Wednesday April 18th

Wednesday May 16th

Reiki at Howes House

Every Month!

April 23rd 12:00-2:00

May 22nd 12:00-2:00

Call for more info!

MV Museum Presentations

Monthly

SMILES Free Dental Clinic!

June 1st!

Call to sign up and for more information

Museums of Cambridge

May 30th. Call for details.

Intro to The Study of Bird Language

Tuesday, May 8th. 2pm.

Join Saskia Vanderhoop as she shares about birds and what we can learn from their language.