






UP ISLAND COUNCIL ON AGING 508-693-2896

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 & 9:30 & 10:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	2 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	3 8:30 & 9:30 & 10:30 Strength Training 12:30 Lunch 1:30 Mah Jong	4 8:15 Balletics 9:00 Bridge If interested call 508-693-2896 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896	5
6	7 10:30 Yoga 	8 8:30 & 9:30 & 10:30 Strength Training 9:30 Discussion BP & Wellness Clinic 11:00-1:00 11:15 Writing Group 3:00 Dance Free	9 8:15 Balletics 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic (508)477-0267	10 8:30 & 9:30 & 10:30 Strength Training 12:30 Lunch 1:30 Mah Jong	11 8:15 Balletics 10:30 Yoga  12:00 FREE Annual Howes House Cookout w/ musical guests Long Point Five 508-693-2896	12
13	14 8:30 MELT 10:30 Vineyard Isle Parkinsonians Support Group 508-693-2896 10:30 Yoga	15 8:30 & 9:30 & 10:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	16 8:15 Balletics 10:30 Yoga 1:00 Mah Jong 	17 8:30 & 9:30 & 10:30 Strength Training 12:30 Lunch 1:30 Mah Jong	18 8:15 Balletics 9:00 Bridge If interested call 508-693-2896 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896	19
20	21 8:30 MELT 10:30 Yoga 	22 8:30 & 9:30 & 10:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	23 8:15 Balletics 10:30 Yoga 1:00 Mah Jong	24 8:30 & 9:30 & 10:30 Strength Training 12:30 Lunch 1:30 Mah Jong 	25 8:15 Balletics 9:00 Bridge If interested call 508-693-2896 10:30 Yoga 1:00-3:00 Water Color 2:00-3:40 Chair Massage 508-693-2896	26
27	28 8:30 MELT 10:00 Healing Through Writing 10:30 Yoga Pedi Care Clinic 508-693-2896	29 8:30 & 9:30 & 10:30 Strength Training 9:30 Discussion 11:15 Writing Group 3:00 Dance Free	30 8:15 Balletics 10:00 Healing Through Writing 10:30 Yoga 1:00 Mah Jong	31 8:30 & 9:30 & 10:30 Strength Training 12:30 Lunch 1:30 Mah Jong		

Need help with your computer, tablet, or cell phone? We now are offering tech help!
August. Tuesdays & Thursdays 2:00-4:00!
Appointments necessary. Call 508-693-2896 for more info and to schedule!!

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)

Upcoming Events: Call 508-693-2896 for additional information and to sign up for the following events.

MV Museum Presentations are on hiatus until September.

Publishing Your Book

September 25th @ 2:00

Chair Massage

Fridays 2:00-3:40

20 minute appointments \$20

Call to make your appointment!

Falmouth Shopping Trips with Ellen!

On Summer Hiatus for June, July & August

Annual Lobster Picnic in Menemsha

September 11th 12:00

Lobster roll, chowder, potato chips, lemonade, ice cream.

Food provided by The Menemsha Galley. Price TBD

***Space is limited, call to reserve your spot!**

Coming in October!

Reiki at Howes House

2nd Tuesday of every month!

Call for more info!

Boston Harbor Cruise

October 4th 2017 (Day Trip)

Join us on a two hour cruise aboard the Spirit of Boston *for the perfect mix of dining and entertainment. Designed for fun, comfort and incredible harbor views, the renovated Spirit of Boston is ready to show you the city.* Departing from historic Seaport District, the cruise includes an all-you-can-eat buffet of freshly made foods and DJ entertainment. Following the cruise, experience more Boston culture at the South Boston Farmers Market.

\$92.00 Price includes roundtrip motor coach and gratuities, lunch and cruise.

Please call UPICOA for reservations, 508-693-2896.